

## Foods That

# **COMBAT**

# **AGING**

The Nutritional Way to Stay Healthy Longer

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A Lynn Sonberg Book

# HarperCollins e-books

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## INTRODUCTION

Getting older sure beats the alternative, so the saying goes, but must we have such a gloomy, defeatist attitude about aging? Absolutely not! In fact, there are many things you can do *right now*, *every day*, to help minimize the effects of aging while you grow older.

There's no denying it: growing older is a natural part of the life cycle. From the moment you were conceived, you began to age. The years keep passing, and there's no turning back. The secret is in how you make the journey, and a big part of the trip involves food. You can make nutrition and lifestyle choices that promote health, longevity, and vitality, or those that make you feel, look, and act old. The choice is up to you.

Some older men and women proudly proclaim that they are having the best times of their lives, that they can finally do things when, how, where, if, and with whom they want. For them, and indeed for the majority of people, the older years can mean a chance to travel, explore new hobbies, go back to school, volunteer for a favorite cause, even start a new career.

Yet our negative and fearful attitudes about getting older are grounded in some real concerns, and one of the main ones is this: Will we be physically, mentally, and emotionally capable of enjoying the decades of life ahead of us? This is a legitimate question, and one that you as an adult, *regardless of your age*, should think about and address now to help make the most of your older years.

Foods That Combat Aging can help you make positive food and nutrition choices that combat aging every day and help you maintain health, vitality, and a positive attitude that helps you enjoy life. The great thing about making food choices that help fight aging is that you get several chances every day to make a positive impact on your health and your fight against aging. And if you make a not-so-great selection or two once in a while, you know that you can go right back to making great choices at your next meal!

#### SIGNS AND SYMPTOMS OF AGING

Hair turns gray, energy flags, fine wrinkles appear, and house keys get misplaced a little more often—these are just a few indications of growing older. Everyone ages differently; the number of signs and symptoms, their severity, when they appear, how they respond to our attempts to reduce or eliminate them—all of these factors and more should be considered when you talk about aging and how to combat it. The list of changes associated with aging is a long one, but here is a representative look.

- General decrease in energy level and a tendency to tire easily
- Decreased memory
- Decreased sex drive
- Abdominal obesity and an inability to lose weight
- Some hearing loss, especially for higher frequencies
- Development of arthritis: affects about one-third of men and one-half of women
- Loss of lean muscle tissue
- Development of insulin resistance
- Changes in bowel function
- Changes in hair color and volume
- Tendency to sleep more lightly and to experience less rapid eye movement (REM) sleep
- Reduction in muscle strength

- Reduction in bone density
- Reduction in reaction time
- Reduction in levels of antibodies (and thus ability to fight off infections)
- Reduction in levels of most hormones

There is much you can do to reduce, compensate for, or slow the progression of many of these and other physical and metabolic changes that occur with aging. One of the most important things you can do is harness the power of anti-aging nutrition, which we do in two ways in this book. One is through the convenient anti-aging nutrition counter offered in the second part of this book. The other is through a discussion of the dietary steps and other actions that complement any nutritional efforts you take in your fight against aging. Let's look at some of these other approaches, along with a discussion of how wise food and supplement choices can help you *fight aging now!* 

### CHAPTER 1

## FIGHT AGING NOW

You are fortunate to live in a time when the field of anti-aging medicine has become a vital and increasingly well-researched area of medicine. Health-care practitioners who are involved in antiaging medicine are excited by the forward-thinking nature of this new approach, which involves helping people take the steps necessary to maximize quality of life in their later years. Basically, anti-aging medicine is concerned with three concepts.

- Prevention: taking steps to prevent the development of diseases and ailments associated with growing older. Proper nutrition is a key element of prevention.
- Integration: combining the best of both worlds—conventional and alternative/complementary medicine—to achieve anti-aging goals.
- Holism: recognizing and treating people as whole beings composed of many integrated parts that work together. Thus an anti-aging approach to arthritis of the hip addresses all the factors that have an impact on arthritis, including diet, exercise level, social needs, stress management, emotional health, supplementation, and pharmaceuticals.

#### **EAT FOR LONGEVITY**

Three or more times a day, you have a chance to fight aging with food! Your food choices are one of the most important ways you impact your health, and so it's vitally important that you understand the basics behind what makes certain foods good partners in the fight against aging. We say "partners" because although healthy food choices are key purely on a nutritional level, they also work hand-in-hand with other factors in the effort to ward off aging, namely, exercise, stress management, supplementation, and hormone balancing. In this book we focus on nutrition, but in this chapter we also explain the relationship between wise food choices and these other factors that impact aging.

#### **BE SUGAR SMART**

This section could be called "Be Carb Smart," but we want to impress upon you that when we talk about carbohydrates, we're really talking about sugars. That's because *all carbohydrates are broken down (metabolized) into simple sugars*. Therefore, because sugars are the bottom line when it comes to carbohydrates and their metabolism, we think it's important to begin there. Once you see the connection between carbs and aging, you'll never look at carbs quite the same way again. Here's the story.

Carbs come in two forms: simple or refined, and complex. Simple sugars include table sugar and natural sugars found in fruits, honey, and milk. Refined carbs are in white flour, white rice, baked goods, and refined pasta. Simple/refined sugars not only get stored as fat if you eat too much of them, but they also cause blood glucose levels to rise. Elevated blood glucose levels, especially chronically, can lead to insulin resistance (when the body cannot produce enough insulin or cannot adequately use the insulin it does produce) and eventually result in diabetes and its many complications, including heart disease, kidney disease, nerve disorders, and blindness.

But the link between carbs and aging is this: high blood glucose (sugar) levels accelerate aging through a process called glycation. Glycation is a natural occurrence in which glucose molecules and

certain fat molecules interact with and attach to protein molecules, forming AGEs—advanced glycation end-products—and damage the protein. Wrinkling of skin is one example of what glycation can do, as collagen and other proteins in skin are damaged by glucose. Although glycation occurs in everyone, it speeds up when there's a lot of glucose present. The rest of the bad news is that glycation is not reversible, so the goal is to prevent it as much as possible. How do you do that?

#### What You Can Do Now

You can be sugar smart and keep your blood glucose levels in a healthy range (ideally, a fasting glucose level that is less than 100 mg/dL). Since carbohydrates are a key energy source, you need to provide your body with the best fuel in the form of smart carbs—complex carbs rather than simple ones. Complex carbs are more complicated in structure and generally higher in nutritional value than simple carbs. A diet that includes a moderate amount of carbs (about 50% of total caloric intake), mostly the complex type, can help keep blood glucose levels in check, as complex carbs generally cause a moderate increase in blood glucose levels while simple ones cause a sharp, rapid (and unhealthy) rise.

Another factor to consider is the glycemic index, which is a gauge of how quickly foods convert into glucose. Foods with a low value (generally 50 or lower) convert into glucose slower, which keeps blood glucose levels more balanced throughout the day and thus helps fight aging. Here are some smart carb tips, followed by a sample glycemic index.

- Choose brown or wild rice instead of white rice.
- Substitute whole-wheat or other whole-grain breads, rolls, and bagels for their white flour cousins.
- Include one to two servings (½ cup per serving) of beans daily: lima, butter, white, pinto, black, soy, kidney, or garbanzo.

- Choose yams or sweet potatoes instead of white potatoes.
- Include one serving of oatmeal or all-bran cereal daily.
- Choose whole fresh fruits for dessert.
- Choose a whole-grain pasta (wheat, spelt, buckwheat, rye) instead of white pasta.
- Significantly reduce or eliminate white sugar and white sugar products from your diet.
- If you use fruit juices or fruit products, choose unsweetened varieties: unsweetened apple sauce, juices and nectars, canned or jarred fruits (in natural juices only).

#### **GOOD FAT/BAD FAT**

It's become common practice to classify fat into two categories —"good" and "bad"—to make it easier to identify which ones you should include more of in your diet and which ones to reduce or avoid. Certainly when we talk about fighting aging, we want to optimize the benefits of good fats and minimize the damage from the bad ones.

First you should understand that "fat" comes in four main types: saturated, polyunsaturated (which includes omega-3 and omega-6), monounsaturated, and trans fats. Fat is essential for life: most of the body's organs—especially the brain—could not function without it. But "essential" does not mean you need large amounts of it. Although the Dietary Guidelines recommend Americans consume 20 to 35 percent of their calories from fat, the lower end of that range is much healthier and realistic given that the majority of people in the United States are overweight or obese and that diseases associated with high-fat intake (e.g., heart disease, stroke, some cancers) are responsible for the majority of disease-related deaths.

"Good fats" include monounsaturated fats and omega — 3 fatty acids, a type of polyunsaturated fat. These fats typically are not listed on nutrition labels and so information about their values in foods is usually not readily available. You can calculate the amount of good fat in a product by subtracting the sum of bad fats from the total fat value. The resulting number is a fairly accurate idea of the amount of good fat in the product, although the figure may also represent some of the polyunsaturated fat called omega-6, which is sometimes good, sometimes bad. In the nutrition counter in this book, we provide values for total fat, bad fats, and good fats.

Although fats can have many negative effects on your health and contribute to aging, they also have many anti-aging benefits if you eat the right ones. That's why it's important to eat a balanced amount of good and bad fats. What does that mean? Your intake of bad fats should be less than 10 percent of your total caloric intake, and your intake of good fats should be at least 15 percent to 20 percent of your total caloric intake. Based on a 2,000 calorie per day diet, less than 200 calories should come from bad fats, and 300 to 400 should come from good fats. You should remember that all fats provide 9 calories per gram, which is more than twice as much as the calories supplied by carbohydrates and protein (4 per gram). So if you order a fast-food fish sandwich that has 15 grams of saturated fat and 2 grams of trans fat, you've nearly reached your daily limit for bad fats with one food item alone (9x17 = 153 g).

So what are some of the benefits of eating a balanced amount of good and bad fats?

- They help the body absorb the fat-soluble vitamins (A, D, E, and K). This ability declines with aging.
- They make you feel fuller, which helps you resist the temptation to eat between meals and before bed.
- They help keep the brain healthy. The brain is composed of 60 percent fat, and if you deprive your body of a sufficient amount of good dietary fats, symptoms associated with aging, such as poor

- concentration, faulty memory, and reduced acuity, are likely to occur and with greater severity.
- They help keep the immune system operating optimally so it can fight off infection, promote wound healing, and reduce the risk of cancer.
- Age-related changes to skin, hair, and nails can be reduced.
- Fats help the gastrointestinal system avoid constipation, bloating, and other digestive problems that are common as we age.
- A small amount of saturated fat is needed by the liver to manufacture cholesterol, which the body uses to produce hormones. Restoration of declining hormone levels, which occurs with age, is an important factor in the fight against aging (see "Balancing Hormones").
- Fats help maintain a healthy nervous system.

Good sources of monounsaturated fats and omega-3 fatty acids include olive oil, avocadoes, salmon, walnuts, herring, and olives.

#### **Bad Fats**

Bad fats include saturated fat, which is most often found in animal products, including meats, poultry, fish, and dairy products, as well as some tropical oils, such as palm and coconut; and trans fat, an artificial fat created when an unsaturated fat is bombarded with hydrogen atoms, resulting in a partially saturated fat.

Bad fats contribute to aging in a big way, namely:

• Saturated fats increase the amount of "bad" cholesterol (low-density lipoprotein, LDL) in the bloodstream, which causes heart disease, atherosclerosis, and restricted blood flow.

- Saturated fats are associated with insulin resistance, a leading cause of diabetes.
- Both saturated fat and trans fat are associated with an increased risk of colon cancer.
- Eating trans fat doubles the risk of heart attack by increasing the levels of LDL cholesterol, decreasing the levels of HDL (high-density lipoprotein) cholesterol (the "good" cholesterol), and promoting the formation of blood clots, all of which increase the risk of heart attack and stroke.
- Trans fat increases triglyceride levels, which increases the risk of developing blood clots.
- Trans fat causes inflammation of blood vessels by increasing levels of C-reactive protein, which in turn increases the risk of heart disease.
- Liver function, the immune system, and reproductive function are all harmed by the consumption of trans fat.

#### What You Can Do Now

A diet high in saturated and trans fat is associated with elevated blood cholesterol levels, which can result in heart disease and other serious medical conditions. The nutrition counter in this book can help you identify the amount of bad fats in foods so you can make healthier choices. You can also reduce the amount of bad fats in your diet if you:

- eat more fruits, vegetables, and whole grains.
- choose non-fat and low-fat dairy products.
- remove the skin from poultry.
- steam and sauté foods rather than fry them.
- limit meat consumption to lean cuts while avoiding organ meats.

- regularly substitute plant protein for animal protein (e.g., beans, peas, lentils, tofu, tempeh).
- read ingredient labels and avoid foods that contain trans fats, which appear as "partially hydrogenated vegetable oil," "hydrogenated oil," or "margarine." Baked goods, crackers and cookies, processed and frozen dinners, fried foods, and margarines typically contain trans fats.

#### MAKE FIBER YOUR FRIEND

Remember when the word "fiber" used to make people snicker and look embarrassed? People aren't snickering anymore, because they're learning just how important fiber is and how getting enough of it can not only make you feel better, but live healthier, longer.

Fiber is a calorie-free nutrient that is necessary for maintaining regular bowel movements, controlling cholesterol and blood glucose levels, and helping with weight loss or maintenance. It has been shown to help reduce the risk of colon cancer, one of the primary causes of cancer death in the United States.

Fiber is present in food in two forms: soluble fiber, which is a sticky type found mostly in beans, dried peas, oats, nuts, seeds, and most fruits, such as apricots, bananas, grapes, and citrus. Soluble fiber is responsible for normalizing blood glucose levels and reducing cholesterol levels in the blood. Insoluble fiber is coarse and helps promote intestinal regularity. It is found mainly in vegetables, bran cereals, wheat bran, whole-grain cereals, and pears.

#### What You Can Do Now

Most adults consume about half of the recommended amount of fiber, which is 38 grams for males 19 to 50 years of age and 25 grams for women of the same age. It is important to get the recommended amount of fiber daily to help prevent age-related

diseases, such as heart disease, diabetes, and atherosclerosis, and to help maintain skin health. Here are a few tips on how to increase your fiber intake. The nutrition counter in the back of the book also contains information on fiber content of more than 3,000 foods.

- Choose whole-grain breads, rolls, and pastas instead of those made with white flour.
- When appropriate, eat the skins of fruits and vegetables. Buy organic produce when possible, and always thoroughly wash produce before eating it.
- "Sneak" extra fiber into your diet: sprinkle a tablespoon of wheat germ on your cereal, choose granola for a snack instead of chips, add flax seeds and kidney beans to your salad.
- Choose bean dip instead of those made with sour cream. Serve the dip with raw vegetables instead of chips.
- Include one serving of beans, lentils, or split peas per day. These can be in chili, soups, stews, salads, or as a side dish.
- Include one serving of oatmeal, all-bran, or another high-fiber cereal per day.

#### **CALCIUM**

There's no bones about it, you need adequate amounts of calcium to keep your bones healthy. Calcium is especially critical for bone health, and for the 44 million Americans for whom osteoporosis is a major health threat. The National Institutes of Arthritis and Musculoskeletal and Skin Diseases reports that 10 million Americans already have osteoporosis and 34 million more are at increased risk for the disease. Of special concern is the fact that 50% of women and 25% of men older than 50 will experience an osteoporosis-related fracture during their lifetime, contributing to the more than

1.5 million osteoporosis-related fractures that occur each year. Osteoporosis can also cause pain and limit mobility and thus have a negative impact on the quality of life.

Calcium is essential for more than bone health. This mineral also protects against colon cancer, is key to dental health, aids in the production of energy, and is critical for heart and nerve function.

National surveys show that many Americans consume less than 50% of the calcium they need. Because calcium needs change over a lifetime, many people forget to ensure they are getting enough of this critical mineral. As people age, the body becomes less efficient at absorbing calcium, and this problem is compounded by the fact that many older adults take medications that can impair calcium absorption. The need for more calcium also kicks in for both older men and women who are postmeno-pausal.

#### What You Can Do Now

According to the Institutes of Medicine, the recommended daily intake of calcium for both men and women is 1,000 mg daily for adults 31 to 50 years, and 1,200 mg for those older than 50. Vitamin D is essential for calcium absorption, so try to get 400 to 600 IU (international units) per day up to age 70, and up to 800 IU if you are 70 or older. Here are some ways to ensure you get enough calcium.

- Dairy foods can be a good source of calcium, but they also contain a lot of protein (see warning in bullet below). If you eat dairy products, include low-fat varieties.
- Many non-dairy foods are also very good sources of calcium, including dark green, leafy vegetables such as bok choy, spinach, broccoli, and kale; sardines (with the bones) and salmon; tofu; and almonds.
- Calcium in orange juice? You bet! Many foods are now fortified with calcium, including many brands of

- orange juice, cereals, breads, soy milk and soy cheese.
- Moderate your protein intake. A diet that contains excess protein (many Americans consume too much protein, especially from animal sources) can contribute to the development of osteoporosis, because when excess protein leaves the body it often carries calcium with it. The World Health Organization recommends 0.45 grams of protein per kilogram (2.2 lbs) of ideal body weight per day, while the U.S. RDA recommends 0.8 grams as the maximum. Thus, if your ideal weight is 130 pounds, your minimum protein intake should be 27 grams and the maximum, 48 grams.

#### **ADD ANTIOXIDANTS**

Some of the most powerful weapons you have against aging are antioxidants—certain vitamins, minerals, and enzymes that take on free radicals and combat the extensive harm they can cause to the body. Some common and powerful antioxidants include vitamin A, C, E, B6, and B12, beta-carotene, and folic acid. Other potent antioxidants include phytonutrients, which are special chemicals found in plants.

As your body metabolizes food through a process known as oxidation, it also produces nasty byproducts called free radicals. Free radicals are unstable molecules that can cause significant damage to the body's tissues and contribute to aging (including wrinkled skin) and certain diseases, such as diabetes, Alzheimer's disease, stroke, macular degeneration, and heart disease. Thus one goal of an anti-aging food plan is to include lots of antioxidants.

One important thing to remember about antioxidants is that they work best as a team: consuming many antioxidants is much more effective than using just one. One of the best ways to get a wide variety of antioxidants is to eat many different fruits and vegetables, which are naturally rich in antioxidants.

#### What You Can Do Now

- Eat about nine servings of fruits and vegetables daily. The 2005 US Dietary Guidelines recommend 5 to 13 servings daily, with the numbers adjusting according to the total number of calories consumed. Nine servings are recommended for a 2,000 calorie per day diet.
- When you want something sweet, reach for a piece of fruit. Or try some variety: slice up a fresh apple and pear, add some orange or tangerine slices, a handful of berries, and squeeze some lemon juice on the mixture. This is a great snack, dessert, or a complement to your breakfast.
- Introduce more vegetables into your menu by adding chopped favorites to stews, soups, or stir-fry.
- Include a salad on your menu every day, and be creative. Try several different types of lettuce and spinach as your base, and then add shredded carrots, radishes, daikon, and red cabbage, toss in cooked string beans and peas, brighten it with chopped beets and avocado slices, and top it off with chopped walnuts and slices of red onion.
- Stuff vegetables with vegetables! Acorn and butternut squash, green and red peppers, large tomatoes, and cabbage leaves can be stuffed with a mixture of steamed and seasoned vegetables mixed with brown rice, barley, or beans.

#### **COOK TO FIGHT AGING**

It's not always *what* you eat as much as *how* you prepare it that can make a difference when it comes to aging. Remember when we talked about glycation and AGEs under "Be Sugar Smart"? AGEs are

formed in the presence of high temperatures and without water, as in foods that are fried, baked, grilled, broiled, or microwaved. Thus fried foods (e.g., French fries, deep-fried fish, and vegetables), grilled chicken, baked bread, broiled steaks, fried eggs, and microwaved potatoes all contain AGEs. Although it isn't possible to completely avoid AGEs (remember, the body produces them naturally as well), you can do some things to significantly reduce your exposure to them.

#### What You Can Do Now

- When having fish, try poaching or steaming.
- Meats can be stewed, stir-fried, or made in a slow cooker.
- Limit the number of high-temperature foods you eat per week. If you currently eat such foods at least once a day, gradually reduce that number to once or twice a week at most.
- Steam, boil, or stir-fry vegetables, or use a slow cooker.
- Add more fresh and raw fruits and vegetables to your diet.
- Marinate foods in olive oil, mustard, garlic, lemon juice, dry wine, or cider vinegar, which reduces the formation of AGEs.

#### **CALORIE RESTRICTION**

An increasing number of studies indicate that calorie restriction extends life in both animals and humans. Studies, beginning with the first one done at Cornell University in 1935, show that the lives of many different animals can be extended 30 to 40 percent and that age-related illnesses can be delayed when their caloric intake is

restricted. Today, organizations such as the American Diabetes Foundation, the National Institutes for Health and Aging, and the American Heart Association are all doing research into calorie restriction and its impact on health.

According to a study published in the *Journal of the American Medical Association*, people who followed a calorie-restricted diet for six months experienced a 24 to 25 percent decrease in body fat, a decrease in DNA damage (which occurs with aging and contributes to disease processes such as cancer), and reduced both core body temperature and fasting insulin levels, two indicators of longevity. Overall, the changes experienced by the people on a calorie-restricted diet suggest that long-term calorie restriction may extend lifespan.

#### What You Can Do Now

Does calorie restriction mean you have to starve if you want to live longer? Not at all. The idea behind calorie restriction is to follow a low-calorie diet but to eat nutrient-rich foods; that is, you make every calorie count! Here are some tips on how to do it.

- Include lots of high-fiber vegetables in your diet, and eat them raw when feasible.
- Focus on monounsaturated fats and omega-3 fatty acids rather than saturated and/or trans fats.
- Choose lean animal protein (including egg whites) and especially plant-based protein, which is typically much lower in fat than animal protein. Beans, legumes, tofu, and tempeh are protein-rich plant sources.
- Choose whole, fresh fruits rather than fruit juices, which are higher in calories and sugar and have less fiber than whole fruits.
- Choose whole-grain breads, cereals, and pasta rather than those made with refined flours.

 Avoid sugar and sugary foods, processed foods, and fried foods.

Experts and those who follow a calorie restrictive approach emphasize that it is a lifestyle, not a fad diet or a short-term approach. You can learn more about calorie restriction for longevity in the "References" section at the end of this book.

#### **EXERCISE**

Wait, don't turn the page just because you see the "E" word. Study after study shows similar results: if you want to slow the aging process, you need to exercise. In a study of nearly ten thousand men ages 20 to 82 who were followed for about five years, for example, researchers found that physically unfit men who subsequently got in shape had a 44 percent lower death rate than those men who remained inactive.

Do you think you're too old to exercise? Nonsense! In a study published in the *Journal of Aging and Health* (2006), researchers reported on the exercise activities of 64 men and women ages 66 to 96 who lived in an independent living facility. The volunteers were divided into three groups: a walking group, a resistance training group, and a control group (no exercise). At the end of the sixteenweek study, the investigators found that the volunteers in both of the exercise groups enjoyed better body strength, flexibility, and agility, even in areas that were not trained, than the non-exercise group. These improvements typically translate into people being able to take better care of themselves and to live longer, healthier, more fulfilling lives. The study findings suggest that exercise in older people may provide more overall health benefits and less exercise-specific advantages than in younger people, which translates into a great deal for older adults.

#### What You Can Do Now

Before you start any exercise program, you should check with your doctor to make sure you choose the safest and most efficient type and intensity of exercise program for you. Moderate, regular (30 to 45 minutes, five to six days per week) exercise is the general prescription to combat aging. Remember the list of signs and symptoms of aging mentioned earlier in the book? Exercise helps fight many of them. For example, regular exercise helps improve heart and lung function, increases bone density, reduces body fat, improves muscle strength, improves the ability of the body to utilize insulin, reduces blood pressure, alleviates stress, improves mood, enhances sex drive and sexual function, and reduces joint pain.

One of the most common complaints about exercise is that it's boring, and boredom quickly leads to non-compliance. But exercise can be much more interesting if you add variety, and variety begins with a three-part approach to anti-aging exercise: stretching, aerobic training, and strength/resistance training. There are dozens of excellent books that contain suggestions and instructions in each of these categories. Always check with your doctor first, however.

- Stretching. It's important to maintain flexibility, and stretching is a great way to do it. Every exercise session should include stretching, but don't start your sessions with a stretch! Warm up your muscles first with five or ten minutes of moderate activity such as brisk walking. Stretching cold muscles can result in injury. After you do your aerobic and/or resistance training, then take five minutes to stretch again. Many yoga poses are excellent ways to stretch and stay flexible.
- Aerobic training. Choose from activities that fit your interest and abilities, such as brisk walking, jogging, swimming, biking, tennis, racquetball, jazzercise, or use exercise equipment such as a stationary bike, treadmill, rowing machine, or stair stepper. Begin and end each 20 to 30 minute aerobic session with five

- minutes of stretching, and strive for five sessions per week. Talk to your doctor about the best training program for you.
- Strength/resistance training. Strength training helps you build and maintain muscle strength, as well as helps lower blood sugar levels, maintains bone density, reduces cortisol (a stress hormone) levels, strengthens ligaments and tendons, and increases the production of testosterone (read more about the importance of this hormone in "Balancing Hormones"). Two or three 10-minute sessions of strength or resistance training per week is usually recommended.

Other ways to avoid boredom include exercising with a friend or in a group, exercising to music or while watching TV or a video, and alternating your activities. Having a dog that needs to be exercised is a good way to get you out of the house. Don't have a dog? Offer to walk or jog with a neighbor's dog.

#### **BRAIN EXERCISES**

Your brain may not be a muscle, but you can work it like one to help prevent memory loss and other cognitive difficulties associated with aging. As your brain ages, it loses the ability to fight against substances and processes that can harm it, including free radicals and inflammation. Aging brain cells also gradually stop communicating with each other, which affects memory and thought processes. Research shows that B vitamins, including folic acid and niacin, are critical as low levels of this vitamin group are associated with a decline in brain function. Studies also show that a high-fat diet is bad for memory and learning, and that a low-calorie diet helps preserve them.

#### What You Can Do Now

Along with wise dietary choices, you can keep your brain cells in shape by challenging them daily: do crossword and word puzzles, study a new language or take a class in something that challenges you intellectually, join a book discussion group, volunteer for a cause you believe in, help teach illiterate children to read, attend lectures offered in your community, read a variety of newspapers and magazines from around the world on the Internet, or keep a daily journal.

Although it's not clear exactly how much brain exercises can prevent memory loss and other cognitive difficulties, the results of several large studies provide much promise. In the landmark Nun Study from the 1980s, researchers tested the cognitive ability of 100 nuns who had written their autobiographies fifty years earlier. The scientists found that those who had lower language abilities were at greater risk for Alzheimer's disease. Another study of more than 800 Catholic clergy found that reading newspapers and engaging in other brain-stimulating activities reduced the risk of Alzheimer's disease.

Don't wait. Stimulate those brain cells today!

#### **BALANCING HORMONES**

As you age, your body's biochemistry changes, and one of the most significant changes is the decline in the levels of hormones that have a major impact on aging. Specifically, those hormones are the sex hormones—estrogen, progesterone, and testosterone—as well as the mother of all these hormones, DHEA, and a few others, including melatonin, thyroid, and growth hormone.

One of the primary roles of hormones is to transmit messages to the body's cells so they can perform their various functions. Hormone levels begin to decline when people are in their twenties, which means the amount of information that is shared among the cells declines as well. Because hormone levels typically fall slowly, the impact of their decline often isn't felt until people reach their forties or fifties. That's also about the time that women experience another hormonal change—menopause—and men also have a decline in sex hormone production, known as andropause. All of these hormonal changes taken together are associated with symptoms of aging and also increase your chances of developing disease and infection.

Anti-aging medicine promotes hormone balancing using bioidentical hormone therapy as a way to fight aging. The concept is simple: take hormone supplements that are similar to the ones your body produces—not artificial or synthetic hormones— as a means to restore and maintain your levels to where they were when you were in your twenties. Achieving healthy levels and balance of hormones slows the aging process and promotes health and well-being. Generally, hormone balancing offers the following benefits.

- Helps prevent bone loss and osteoporosis.
- Promotes muscle strength and tone.
- Enhances heart functioning.
- Helps maintain a healthy immune system.
- Improves the texture, tone, and elasticity of the skin.
- Improves sexual function and desire.
- Helps maintain mental functioning.
- Promotes tissue repair and regeneration.
- Improves mood and emotional stability.
- Helps keep blood pressure and cholesterol levels down.

#### What You Can Do Now

Hormone balancing is not an approach you should take on your own: you will need tests to determine your hormone levels and a professional to customize your hormone restoration program. Although most of the hormones are available over the counter, a few require a prescription (testosterone, thyroid) from your

physician. A physician should also reevaluate your hormone levels yearly and make any dose adjustments as needed.

#### STRESS MANAGEMENT

What makes some people go to pieces when there's a two-hour traffic jam and other people take it in stride? A key element is how people decide to manage the stress, and not the fact that a stressful situation has occurred.

Your emotions and thoughts have a significant impact on your health. Stress weakens the immune system, depletes the body of nutrients, disrupts digestion, and causes organs to overwork, increasing the risk for illness and disease. Thus you may eat a nutritious diet, but if you do not manage stress in a healthy way, your body will not benefit from those positive foods. Generally, people who have learned how to manage stressful situations in a healthy way are rewarded with better overall health.

Effective stress management can and should be enjoyable, and there are many techniques you can try and incorporate into your lifestyle to help you better manage stress. Don't limit yourself to just one approach! Exercise is certainly a stress reducer, and so are meditation, tai chi, yoga, playing or listening to music, writing poetry or journaling, or watching humorous movies.

Of course, potentially stress-reducing activities alone won't help you if your attitude is negative. Nurture a positive mental attitude about life and situations as they come. It may sound simplistic, but the truth is that a simple approach is often the one that works, with practice. Only you can decide: is the glass half full or half empty? When you get up in the morning, will you look for the positive in every situation—or the negative?

### FROM MARKET TO MEALS

So far we've given you a good idea of the types of foods that offer the best defense against aging and some of the other lifestyle factors that have a direct or indirect impact on those food choices. But if you want to get the most from the food you choose for yourself and your family, you need to know how to select, store, and prepare them. Certain fruits and vegetables, for example, quickly lose their nutritional value if they are stored incorrectly. Some foods, depending on how they are prepared, can accelerate the aging process. For example, deep frying nutrient-rich red onions is far from the best way to enjoy these important vegetables. Meats, poultry, and fish must be handled, stored, and prepared in specific ways to ensure you and your family remain free of food-borne illnesses. It's also important for you to understand how to read nutrition labels and ingredient panels on packaged foods so you can make the best food choices.

All this information and more is discussed in this chapter. Our hope is that you will take the guidelines offered in these pages and use them along with the information provided in the nutrition counter at the back of this book.

#### **GO NATURAL**

So far we've discussed many different foods that fight aging—foods that provide essential vitamins, antioxidants, fiber, calcium, quality protein, and good fats. But if you *really* want to reap the most benefits from these anti-aging food choices, you need to think clean—no pesticides, herbicides, hormones, antibiotics, artificial colorings, flavorings, or preservatives. On the surface that may sound like a big order, but if you take it one day at a time, even one food item at a time, before you know it you'll dramatically reduce the amount of damaging toxins you consume through food and beverages.

Experts continue to debate about the benefits of eating organic food. Many studies show, for example, that produce grown under organic conditions have higher levels of nutrients than those grown conventionally. Not every study shows the same degree of benefit, nor that all nutrients are elevated. One recent study of organic and conventional tomatoes, for example, found that organic tomatoes had higher levels of vitamin C, carotenoids, and polyphenols, but when the tomatoes were made into puree, the carotenoid levels were similar between the organic and conventional tomatoes.

A review of 41 published studies in which the nutritional values of organically grown fruits, vegetables, and grains were compared with conventionally grown items found that overall, organic crops had 27% more vitamin C, 21% more iron, 29% more magnesium, and 14% more phosphorus. The review also stated that organic products had 15% fewer nitrates than their conventional counterparts.

Further proof comes from a study conducted by the Organic Materials Review Institute and Consumers Union, which used data from the US Department of Agriculture. The researchers found that 73% of conventionally grown foods sampled had pesticide residue compared with only 23% of organically grown samples of the same crops.

According to the US Department of Agriculture's National Organic Program, "organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality.... Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones." To meet the requirements to be certified organic, foods must be produced without using most conventional pesticides and fertilizers made with synthetic ingredients or sewage sludge. Ionizing radiation and bioengineering are also prohibited. A certified inspector checks organic farms to ensure the food is grown to meet USDA organic standards, and all companies that handle organic food before it reaches the marketplace must be certified as well.

Organic labeling comes in three forms. The name of the certifying agent must appear on all packages:

- "100% Organic": must contain 100% organically produced ingredients, not counting added water and salt.
- "Organic": must contain at least 95% organically produced ingredients, not counting added water and salt. Must not contain sulfites. May contain up to 5% non-organically produced agricultural ingredients.
- "Made with Organic Ingredients": must contain at least 70% organically produced ingredients, not counting added water and salt. Must not contain sulfites. May contain up to 30% non-organically produced agricultural ingredients.

#### CHOOSE AND USE HEALTHY FATS AND OILS

In Chapter 1 we looked at good fats and bad fats and identified what some of those fats are and the health impacts—both beneficial and damaging— of each type of fat. We also suggested some general

ways you can reduce the amount of bad fat and include more healthy fats in your diet.

Now it's time to discuss more specific tips you can use when you go to the supermarket and in your kitchen.

- When choosing oils for cooking and as a condiment, look for cold-pressed oils. These oils are healthier than conventionally produced oils, which are heated, treated with solvents, and bleached. These processes introduce toxins into the oil and also remove much of its nutritional value. Cold-pressed oils are not heated or treated, and so retain their nutritional value. They also contain a higher level of the important antioxidant vitamin E.
- Oils and fat can turn rancid very quickly if they are not stored properly. Rancid fats not only taste terrible, they are carcinogenic as well and have been linked with atherosclerosis and heart disease. The higher the percentage of polyunsaturated fat in an oil, the faster it will go rancid (see chart). To help prevent your oil from going rancid, you should: (1) Refrigerate oil once you open it. Unopened cooking oils have a shelf life of about one year. Unopened oils can be kept unrefrigerated in a cool, dark place. (2) Keep oil in a glass or metal container. If you buy it in a plastic bottle, transfer it to a more suitable container. (3) Buy only as much oil as you think you'll use within a few months' time. (4) Refrigerated oil may turn cloudy, but it will return to normal, unharmed, once it reaches room temperature.
- Avoid use of solid hydrogenated shortening (e.g., Crisco, among others).
- Not all oils are best for every use. Those best as a condiment are olive, hazelnut, sweet almond, sesame,

- canola, and soy. The first four are also suitable for baking and stir-fry.
- Margarine and vegetable oil spreads. By law, margarine must contains at least 80% fat. Vegetable oil spreads may be reduced-fat, reduced-calorie, or diet (these contain no more than 60% oil); light or lower-fat (contain no more than 40% oil); or fat-free (contain less than 0.5 gram of fat per serving). Both margarines and spreads are made from vegetable oils, with the healthiest ones (those highest in monounsaturated fat and lowest in saturated fat) being olive oil, flaxseed oil, hempseed oil, and canola oil.

Oil	Mono.	Poly.	Sat.
Olive	77%	9%	14%
Avocado	74%	14%	12%
Almond	73%	18%	9%
Apricot	63%	31%	6%
Canola	62%	31%	7%
Peanut	48%	34%	18%
Sesame	42%	43%	15%
Corn	25%	62%	20%

Oil	Mono.	Poly.	Sat.	
Soybean	24%	61%	15%	
Sunflower	20%	69%	11%	
Cottonseed	19%	54%	27%	
Safflower	13%	78%	9%	

#### FRUITS AND VEGETABLES

It's no secret that fruits and vegetables are a critically important part of an anti-aging diet; after all, they are a super source of agedefying antioxidants, fiber, and other nutrients; they are low in fat and sodium, and they have no cholesterol. Add to this list the fact that there are dozens and dozens of choices from which to choose, and you can't go wrong.

Or can you? The benefits of eating fruits and vegetables are greatly diminished or eliminated if the produce isn't selected or stored properly, or if it is prepared in unhealthy ways. Although every fruit and vegetable has its own unique characteristics, here are some general guidelines for purchasing, handling, and eating produce so you can enjoy and reap the health rewards they have to offer.

- Wash all produce, whether conventionally or organically grown, just before serving or cooking, not before you store them. Cool water is all that's necessary; commercial produce washes offer little or no advantage over plain water.
- Check the PLU stickers on your produce. Conventionally grown produce has a four-digit number (e.g., 1234); organically grown, five digits prefaced by the number 9 (e.g., 91234); and genetically modified produce, five digits prefaced by the number 8 (e.g., 81234).
- Discard the outer leaves of leafy vegetables because pesticide residues tend to accumulate there.
- Use a produce brush to clean firm produce (e.g., carrots, potatoes, turnips).
- Immediately refrigerate any produce that you cut and do not plan to eat right away, as bacteria grow very quickly on cut fruits and vegetables.
- Wash fruits and vegetables that you peel (e.g., melons, oranges, pineapples) because when you cut them, your knife transfers contaminants from the peel into the pulp.

- Do not buy or use produce that is moldy, badly bruised, shriveled, or slimy. Minor blemishes are usually safe; in fact, organic produce sometimes has minor blemishes because it is not colored, waxed, or has not undergone attempts to make it look "perfect."
- Do not store fruits and greens together, because fruits give off ethylene gas, which causes greens to decay.
- Always cook dehydrated vegetables thoroughly, as they are susceptible to contamination by various microorganisms and can cause food-borne illness.
- To freeze most vegetables, steam blanch them (see blanching guidelines at http://www.ext.colo state.edu/PUBS/FOODNUT/09330.pdf). Blanching stops the enzymes from breaking down the nutrients in the vegetables. Cool and then store blanched vegetables in freezer bags or containers.

#### **HOW TO READ FOOD LABELS**

Nutrition Facts labels and other labeling on food packages can provide much important information when choosing age-defying foods, but they can also be confusing. So we try to sort it out for you.

#### Nutrition Facts Labels

Nutrition Facts labels are required for most foods (except meat and poultry) and have standardized categories, which we explain here.

• Serving Size and Servings Per Container: If the serving size is 1 cup and there are 2 servings per container, then the package contains 2 cups. If you eat two servings rather than one, you must remember to

- double the values of the calories, nutrients, and % daily value figures below this line on the label.
- Calories and Calories from Fat: these values are per serving.
- % Daily Value: These percentages are based on the Daily Value recommendations for important nutrients, based on a 2,000 calorie daily diet. You may eat fewer or more than 2,000 calories daily, but you can still use this figure as a reference point. The % DV helps you determine if a serving of a food is low or high in a specific nutrient. Each nutrient is based on 100% of the daily requirements for that nutrient. A value of 5% or less is considered low; 20% or more is considered high.
- Total Fat, Saturated Fat, Trans Fat, Sodium, and Cholesterol: These substances are ones you want to limit because they are associated with accelerated aging and disease. Therefore, preferred foods contain a % DV of 5% or less.
- Sugars: No % DV has been established for sugars. The sugars listed on Nutrition Facts labels include naturally occurring sugars (e.g., those in fruit and milk) and added sugars. Added sugars will appear on the ingredient portion of the label and may be listed as sugar, corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, fruit juice concentrate, and maple syrup.
- Dietary Fiber, Vitamin A, Vitamin C, Calcium, Iron: These nutrients are among those you want to see in the high range: % DV of 20% or more.
- Protein: Manufacturers must give a % DV only if the food claims to be high in protein or if the food is meant for infants and children younger than 4 years old.

• "Percent Daily Values" Footnote: The following statement must appear on all Nutrition Facts labels. "Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs." The remaining information does not need to appear if the package is too small. When the information does appear, it is the same on all products, because it is general dietary advice for all Americans.

## Light, Low, Free, Lean: What's It All Mean?

The Food and Drug Administration (FDA) has established definitions and guidelines for terms that can appear on food packaging. Here's a sample.

- Free: the product contains no amount of, or only a trivial or "physiologically inconsequential" amount of one or more of these substances: fat, saturated fat, cholesterol, sodium, sugars, and calories.
- Low fat: the product contains 3 grams of fat or less per serving.
- Low saturated fat: 1 g or less per serving.
- Low sodium: 140 mg or less per serving.
- **Very low sodium:** 35 mg or less per serving.
- Low cholesterol: 20 mg or less and 2 g or less of saturated fat per serving.
- Low calorie: 40 calories or less per serving.
- Lean and extra lean: when describing meat, poultry, seafood, and game, "lean" means it contains less than 10 g of fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g. "Extra lean" means it contains less than 5 g fat, less than 2 g

- saturated fat, and less than 95 mg cholesterol per serving and per 100 g.
- **High:** means the food contains 20% or more of the Daily Value for a specific nutrient.
- **Good Source:** means that one serving of the product contains 10 to 19 percent of the Daily Value for a specific nutrient.
- **Light:** can mean one of three things: (1) the food contains one-third fewer calories or half the fat of the reference food. If the food provides 50% or more of its calories from fat, the reduction must be 50% of the fat. (2) The sodium content of a low-calorie, low-fat food has been reduced by 50%. (3) The term describes color, texture, or another property of the food, but the label must explain the term, such as "light brown sugar."
- **Fresh:** the FDA defines this term when it is used for foods that are raw or unprocessed. Thus "fresh" can be used only on raw foods, ones that have never been frozen or heated, and contain no preservatives. "Fresh frozen," "frozen fresh," and "freshly frozen" can be used for foods that were rapidly frozen while still fresh.

#### **EGG SAFETY**

Eggs are a good source of protein, low in fat (if you limit yourself to the whites), and relatively inexpensive, so it is often on an antiaging menu. Proper handling and preparation are critical, however, especially since it is estimated that 1 out of every 10,000 eggs (about 4.5 million eggs per year) are infected with *Salmonella enteritidis*, which causes food poisoning. Because contaminated eggs do not look or smell any different than non-contaminated eggs, it isn't possible to know if any of the eggs you purchase are affected.

The notion that "free-range" eggs are healthier and produced in less cruel conditions than conventional eggs is largely untrue. In most cases, free-range egg producers keep their hens uncaged but confined to overly crowded facilities that have very limited access to the outdoors, or they are confined to cages that are larger than those used to hold conventionally raised hens. There are no government laws that regulate the meaning of "free-range," so unless you personally see the conditions under which your eggs are produced, you cannot be sure that the higher prices you pay for free-range eggs are supporting a healthier product produced in less cruel conditions.

## **Choosing and Preparing Eggs**

- If possible, buy your eggs from local producers (with a facility that you can visit). They may sell from their farm or at a farmers' market.
- Purchase eggs that are refrigerated at 40°F or lower.
- Do not purchase eggs that are cracked.
- When you get the eggs home, immediately place them in the coldest part of the refrigerator (in the rear), not on the door.
- If you accidentally crack an egg before you are ready to use it, break the egg into a clean container, cover it tightly, and refrigerate it. Use it within 2 days.
- Cook eggs until the yolks and whites are firm. Do not eat lightly poached or soft-boiled eggs.
- Never eat raw eggs or foods that contain raw eggs (e.g., eggnog, Hollandaise sauce).
- Do not leave eggs unrefrigerated for longer than two hours.

Proper handling and preparation of meats, fish, and poultry are critical because the potential for contamination and food poisoning is high. Contamination can occur at several levels. According to the Humane Farming Association, only a small percentage of the meat processed in U.S. slaughterhouses is tested for toxins (e.g., dioxins, PCBs, pesticides) that get into the meat supply either through the animals' feed and/or water, or through direct means (injections of antibiotics, hormones). Contamination or compromise of meat, poultry, and fish can also occur anywhere during processing, from packing and shipping to the market and finally your kitchen. Therefore, consider these important guidelines.

## **Meat and Poultry**

- Buy organically produced meat and poultry. Compared with conventionally produced items, they expose you to significantly fewer age-accelerating and diseasecausing substances.
- Cook meat and poultry thoroughly and always check the temperature with a meat thermometer. Different meats and cuts have different safe temperatures, so be sure to check the cooking instructions. (See www.foodsafety. gov/~fsg/fs-cook.html for safe cooking temperatures.) Do not depend on the color of the meat to determine if it has been cooked adequately.
- Thaw frozen meat in the refrigerator, which can take eight or more hours. If you need to defrost it more quickly, place it in a sealed plastic bag and immerse the bag in a pot of cold water for an hour.
- Wash your hands with soap and hot water before and after handling raw meat.
- Marinate meat and poultry in the refrigerator. Once the food has been marinated, discard the marinade

- because raw juice from the meat or poultry may contain bacteria.
- Do not eat the organs (e.g., brains, livers, kidney) of livestock, because poisons accumulate in them.

#### Fish

- Buy only fresh fish and seafood that is refrigerated or frozen.
- Frozen fish should be in a package that is transparent so you can see sign of crystals or frost. If you do, the fish has been thawed and re-frozen.
- Refrigerate or freeze fish immediately when you bring it home. You should also transport it in an ice chest in the car.
- Do not buy shellfish that has a strong "fishy" smell, because it may be spoiled.
- Rinse and rewrap fish when you get it home. Place it on paper towels, put it in a tightly covered container, and place it in the coldest part of the refrigerator.
- Throw away any fat drippings from boiled or poached fish, as toxins accumulate in the fat.
- Before cooking fish, remove skin and fatty tissue from the sides, belly, and along the top of the back. This is where many toxins accumulate. Mercury, however, accumulates mainly in the muscle, so it can't be removed. To minimize your exposure to mercury, choose fish that typically contain low levels of mercury (e.g., salmon, herring, sardines, anchovies, tilapia). The U.S. FDA maintains a website that lists mercury levels in fish and seafood at www.cfsan.fda.gov/~frf/sea-mehg.html.

• Cook fish and seafood until the internal temperature is at least 145°F; for stuffed fish, at least 165°F. (See www.foodsafety.gov/~fsg/fs-cook.html for safe cooking temperatures.)

## **10-STEP ANTI-AGING DIET**

We have loaded you up with lots of important information about how food and optimal food choices and preparation can help you fight aging. Now we're going to pull it all together into a manageable 10-Step Anti-Aging Diet Plan that's based on recommendations from leading health experts and health organizations, including the American Heart Association and the American Diabetes Association.

### **STEP 1: WATCH YOUR FATS**

As a general guideline, you should hold your total fat intake to 25 to 30 percent of calories, and no more than 10 percent of total caloric intake should be from "bad" fats—saturated and trans fats. Trans fat should be held to 3% or less. The remaining 15 to 20 percent of total calories that are reserved for fat intake should come from "good" fats—monounsaturated and omega-3 fatty acids.

Watching your fats is easy if you follow a few simple guidelines.

- If you eat dairy products, choose no-fat and low-fat varieties.
- When considering protein foods, choose fish, lean cuts of meat, egg whites, and skinless poultry. Plant-based protein is generally much lower in fat than animal

- foods. Choose dried beans, lentils, tempeh, peas, or tofu in place of meat.
- Use olive oil (extra virgin if you can), which is especially rich in monounsaturated fat and antioxidants, both of which protect against aging, coronary heart disease, and cancer. Use it for stir-fry or as a salad dressing. Second best choices are flaxseed, canola, and peanut oils.
- Avoid trans fats: read ingredient labels and look for the words "hydrogenated" or "partially hydrogenated" oil or margarine. Also look at the nutrition label for the amount of trans fat in a product. Even if the nutrition label says zero trans fat per serving, food manufacturers are allowed to say zero if one serving contains less than 0.5 grams of trans fat.

#### **STEP 2: BE NUTS ABOUT NUTS**

You should be nuts about nuts, and here's why. Several very large studies that included tens of thousands of participants from the Nurses' Health Study, the Physicians' Health Study, and others, found that the risk of coronary heart disease is 37 percent lower among people who eat nuts more than four times per week compared with those who never or seldom eat nuts. Experts believe the reason is that most nuts are high in monounsaturated fats, which help lower low-density lipoprotein cholesterol. Nuts are a rich source of B vitamins, which are good for the heart and brain. They also contain healthy fats, which also benefit the heart and circulation, as well as the collagen and elastin in the skin, helping it maintain elasticity and resiliency.

Because nuts are high in calories, small portions are advised. The best way to enjoy the flavor and benefits of nuts is to eat them as a snack in place of chips or another "junk" food, or sprinkle them on cereal, salad, or in stir-fry.

#### STEP 3: ENJOY AN ABUNDANCE OF ANTIOXIDANTS

We've mentioned the impact that free radicals have on aging, so you need lots of antioxidants to fight off these nasty damaging molecules. The accumulated harm to cells, tissues, and organs caused by free radicals is a key contributor to aging and many diseases associated with growing older. Great sources of antioxidants are fresh fruits and vegetables, which are generally rich in vitamins, minerals, and phytonutrients. Phytonutrients ("phyto" means "plant") are chemicals that give fruits and vegetables their color. Carotenoids, flavonoids, indoles, and catechins are just a few of the many different types of phytonutrients.

Phytonutrients and other antioxidants are especially helpful in the fight against aging and in promoting wellness. Aim to eat one or more servings daily from each of the following groups of fruits and vegetables, which are rich in phytonutrients.

- **Green:** dark green, leafy vegetables (romaine lettuce [skip the iceberg!], spinach, kale, mustard greens, swiss chard), green peppers, broccoli, peas, avocado, celery.
- Yellow/orange: carrots, yellow peppers, apricots, peaches, pineapple, oranges, yellow squash, pumpkin, yams and sweet potatoes, acorn squash, spaghetti squash.
- **Red:** red peppers, tomatoes, blood oranges, cherries, cranberries, strawberries, red leaf lettuce, red apples.
- **Blue/purple:** blueberries, eggplant, raisins, plums, blackberries, purple cabbage.
- White: cauliflower, mushrooms, turnips, apple juice, parsnips, white onions, white peaches, garlic.

#### STEP 4: STOP INFLAMMATION WITH EVERY MEAL

Inflammation doesn't just affect the joints and cause arthritis; it can occur anywhere along the miles of blood vessels in the body. In fact, recent research shows that chronic inflammation of the blood vessels is an important factor in aging and age-related diseases, including heart disease, stroke, diabetes, cancer, and Alzheimer's disease. A major contributor to that inflammation is the Standard American Diet (SAD).

That means you can begin to fight inflammation right now by making some dietary changes. You can also learn to what extent your blood vessels are affected by inflammation by asking your doctor to order a C-reactive protein test. The higher your value on this simple blood test, the greater your level of inflammation and your risk for these diseases.

You can slow down the aging process and reduce your risk for disease when you choose foods that fight, reduce, or prevent inflammation. Here are some tips.

- **Be sugar smart**. Foods that raise blood glucose levels also promote inflammation. Choose complex carbohydrate foods—whole grains, beans, lentils, fruits and vegetables, nuts and seeds— and avoid or limit your intake of sugar and sugary foods, highly processed cereals and baked goods, white rice, white potatoes, white bread, and high fructose corn syrup (found in many processed foods).
- Watch your protein. A high-protein diet can boost blood vessel inflammation, as high as 62% according to one study, and worsen coronary artery disease as well. Keep your protein intake to about 20 percent of your total caloric intake per day.
- Eat cold-water fatty fish. Fish such as salmon, herring, sardines, and tuna contain a good source of omega-3 fatty acids, which suppress the substances that cause inflammation in the body. Include these fish two or three times a week in your diet.

- Include powerhouse anti-inflammatory foods daily. Many foods have been identified as possessing anti-inflammatory powers. Make sure to include as many of them as you can in your daily diet. They are as follows: members of the *Allium* family—onions, garlic (which also helps reduce cholesterol and blood pressure), chives, shallots; barley; beans and lentils; buckwheat; blueberries; yogurt and kefir (a fermented milk beverage); curry powder; acai fruit.
- Turn down the heat. Foods that are prepared using high cooking temperatures contain advanced glycation end products, or AGEs, which trigger inflammation. When preparing meats, poultry, fish, and vegetables, healthy cooking techniques include steaming, poaching, boiling, slow-cooking (in a crockpot), and stir-frying. Limit the amounts of food that you fry, broil, grill, or bake.

#### **STEP 5: MAKE FRIENDS WITH FIBER**

It's not hard to make friends with fiber if you follow steps 3 and 4, because they include plenty of fiber-rich foods. The Institutes of Medicine recommend the following daily fiber intake (soluble and insoluble) for adults: for men 19 to 50 years, 38 grams per day; older than 50 years, 30 grams. For women 19 to 50 years, 25 grams per day; older than 50 years, 21 grams. You can use the nutrition counter in the back of the book to help you identify how much fiber you are getting now and which foods can help you meet your goals if you fall short, as most Americans do.

The best sources of fiber are whole grains, legumes, beans, fruits and vegetables (with skins on when possible), nuts and seeds, and high-fiber cereals. If you need to increase your fiber intake, consider the following.

- Add high-fiber foods gradually. If you eat 8 to 10 grams per day now, for example, increase to 13 to 15 grams for a few days, then add another 5 grams for several more days, until you reach your goal. Too rapid an increase may cause stomach upset, cramps, or bloating.
- Increase your water intake as you increase your fiber to help your body adjust to the change and to prevent constipation.

#### **STEP 6: HYDRATE YOUR BODY**

Pure water is essential for hydration of the skin and muscles and to promote healthy circulation and organ system functioning, especially the gastrointestinal system. Keeping yourself properly hydrated can also significantly reduce your chances of getting cancer. Studies have shown that women who drank more water (eight glasses or more daily) had less than 50% the risk of developing colon cancer and 80% less chance of developing bladder cancer than women who drank less.

The general consensus is to drink 8 to 10 eight-ounce glasses of water per day, and this is a good starting point. However, everyone's needs are different. The temperature of your environment, your current state of health, how much exercise you do, whether you are pregnant or breastfeeding, and how much water you get from your food (20% is the average) are all factors to consider when deciding how much water you need to consume daily.

You are probably drinking enough fluid if you eliminate between 32 and 64 ounces of colorless or slightly yellow urine daily. Darker urine usually indicates that you need to increase your water intake. Do not wait until you are thirsty to drink water: by that time, you may already be slightly dehydrated. The ability to identify dehydration becomes more difficult with age because the body is

less able to send the brain signals that it is thirsty. To help ensure you are getting enough water:

- Drink one glass of water before each meal and one between meals. These should be taken slowly, not gulped down.
- Drink water before, during, and after you exercise.
- Brighten your water with a squeeze of lemon or lime.
- If you increase the amount of fiber in your diet, you will likely need to add 1 or 2 more eight-ounce glasses of water daily.
- Substitute a glass of sparkling water for alcohol at social events.

### STEP 7: OPTIMIZE YOUR PROTEIN INTAKE

Protein deficiency is one dietary problem most Americans do *not* have, but getting too much protein—and suboptimal protein—is. To this fact add another one: as you age your ability to create, transport, and break down proteins decreases. The combined result is a loss of muscle tone, the appearance of wrinkles, loss and graying of hair, less energy, joint stiffness, and a host of other difficulties. Excess protein can be converted into fat, and it also places stress on the liver and kidneys as these organs try to rid the body of unwanted by-products of metabolism. Too much protein can also cause dehydration and your kidneys to excrete calcium in urine, which increases your risk for osteoporosis.

To optimize the anti-aging power of your protein intake, first calculate your protein needs: the RDA for protein for adults is 0.36 grams of protein per pound of body weight per day. Therefore, if you weigh 150 pounds, your protein requirement is 150x0.36 = 54 grams. Remember, 0.36 g/lb is an average.

- Choose lean cuts of meat from animals that were organically raised.
- Avoid processed meats, including hot dogs, smoked meats, bacon, sausages, ham, and cold cuts. These foods are usually high in saturated fat, sodium, and artificial colorings, flavorings, and preservatives, including cancer-causing nitrates and nitrites.
- Include plant-based protein in your diet. Beans, legumes, veggie burgers, tempeh, and soy-based "meats" often have just as much protein, if not more, than a comparable amount of animal protein, and without the saturated fat (soybeans do contain some fat).
- Eat protein with carbohydrates. (A turkey sandwich on whole-grain bread or tofu with brown rice are examples of this nutrient combination.) Protein takes longer to digest than carbs, so it slows down the release of glucose into your bloodstream. The result is that you will feel more energetic.
- Eggs and egg whites are a good source of protein.
   Some brands are from animals that have been fed fortified feed that enhances the omega-3 fatty acid content of the eggs.

#### STEP 8: COOK THE ANTI-AGING WAY

It's not always what you eat but how you prepare it that can subtract years from your life. That's why you need to prepare your food in ways that do not promote the formation of advanced glycation end products (AGEs), those nasty substances that accelerate aging, cause inflammation, and contribute to dozens of diseases and illnesses. Healthy cooking methods include poaching, boiling, stir-frying, slow-cooking (crockpot), and steaming; avoid

baking, grilling, broiling, and microwaving. The same holds true for meals you order at restaurants.

#### **STEP 9: STRIVE TO BE TOXIN FREE**

You are surrounded by substances that cause and contribute to aging and disease, and that includes the food and beverages you consume every day. Fortunately there are ways you can avoid or minimize their harmful effects.

- Avoid sugar and sugary foods. If you don't think something that tastes so good and sweet could be so bad, think again. Sugar and refined carbohydrates cause inflammation, especially of the blood vessels; are associated with insulin resistance, diabetes, and ultimately the complications associated with diabetes; promote the formation of AGEs; hinder the absorption of calcium, which contributes to the development of osteoporosis; suppresses the release of growth hormone, which is responsible for the repair and regeneration of cells and tissues and maintaining bone strength, brain function, and muscle tone; and causes or contributes to dozens of other health problems. And not all sugars are created equally: fructose, for example, promotes glycation at a rate nearly seven times that of glucose. Fructose is found naturally in unrefined foods such as fruits and vegetables, but processed foods often contain added fructose.
- Choose organic fruits and vegetables to help avoid exposure to pesticides, herbicides, and other agricultural poisons.
- Choose hormone-free meats, poultry, dairy, and eggs. Better yet, regularly substitute plant-based protein foods for animal-based ones, as they are naturally hormone-free.

- Avoid highly processed foods, especially processed meats such as bologna, sausage, smoked meats, and hot dogs, which often contain cancer-causing nitrates and nitrites.
- Avoid or seriously limit consumption of refined, processed foods, as they contain artificial flavorings, colorings, and preservatives.
- Eat fish that is as mercury-free as possible. All fish and seafood contain at least a small amount of mercury and/or other toxins, especially large fish because they usually live longer and eat other fish that are contaminated. Those with a minimal amount of toxins generally include sardines, herring, cod, pollock, salmon, and anchovies.

#### **STEP 10: DRINK GREEN TEA**

Unlike black and oolong tea, green tea is not fermented, so its active ingredients are not changed. Some of those ingredients include polyphenols, potent antioxidants that appear to help protect against various cancers. Green tea is also credited with helping regulate blood glucose levels, lowering cholesterol levels, and helping promote weight loss. The polyphenols in green tea are also believed to stimulate the production of immune system cells and to directly inhibit glycation. Studies in both humans and animals suggest that green tea may reduce the risk of cardiovascular disease, promote oral health, lower blood pressure, protect the nervous system, and have antibacterial and antiviral properties.

To reap the anti-aging benefits of green tea, drink at least three cups daily. Green tea does contain some caffeine, but at a much lower level than in coffee: an eight-ounce cup of green tea has about 20 to 30mg of caffeine, compared with about 100mg in a cup of coffee. Decaffeinated green tea is also available.

## CHAPTER 4

# A SAMPLE ANTI-AGING MENU

To help you get started on your anti-aging eating plan, here is a three-day menu complete with recipes. The menu and recipes incorporate the information and guidelines that appear in chapters 1 through 3. Menu items that have a recipe are in italics. All of the recipes follow the sample menu plan.

## Day 1

#### Breakfast

Oat bran with walnuts and raisins
1/2 grapefruit
1 cup green tea

#### MID-MORNING SNACK

1 cup vegetable juice with lemon

#### LUNCH

Favorite Bean Chili Whole-grain crackers Fresh pear, apple, or banana Seltzer water w/lemon

### MID-AFTERNOON SNACK

8 ounces 2% milk or soy milk

#### DINNER

Poached Salmon

Veggie Rice Casserole

Avocado Salad (red leaf lettuce, avocado, red pepper, tomato, olive oil, and vinegar)

1/2 cup blueberries

## Day 2

#### Breakfast

Scrambled Delight
½ whole-grain bagel
1 cup green tea

### MID-MORNING SNACK

1 banana or ¼ cantaloupe

#### Lunch

Red, Green, and Bean Salad
Whole-grain rye crackers
1 cup low-fat milk or soy milk

#### MID-AFTERNOON SNACK

8-ounce container low-fat plain yogurt with 1/4 cup blueberries or strawberries and 1 tbs wheat germ

#### DINNER

Festive Fettuccine
Brussels Sprouts in Orange Sauce
1 cup green tea

## Day 3

### Breakfast

Sunrise Quinoa with fresh fruit

1 slice whole-grain bread with all-fruit jelly

1 cup green tea

MID-MORNING SNACK

Mango Smoothie

### Lunch

Split Pea and Veggie Stew ½ whole-wheat pita

Iced herbal tea

MID-AFTERNOON SNACK

Raw vegetables with Eggplant dip

#### DINNER

Chicken, Veggie, and Cashew Stir-fry Brown rice

## **RECIPES FOR DAY 1**

OAT BRAN WITH WALNUTS AND RAISINS

## 1 serving

1/3 cup oat bran

½ cup apple juice

½ cup low-fat soy milk

1 tbs wheat germ

1 tbs raisins

3 walnut halves, chopped

Combine the bran, juice, milk, and wheat germ in a small saucepan. Heat over low heat until the mixture boils and stir constantly. Cook for 3 minutes. Remove from the heat and cover; let stand 1 minute. Stir in the raisins and walnuts.

## **FAVORITE BEAN CHILI**

#### Serves 4-6

1 cup each chopped onion, diced carrot, diced celery

1 cup water

3 cloves garlic, minced

½ cup chopped red, green, or yellow pepper

½ tbs chili powder

½ tsp cayenne

2 tsp mustard

2 28-oz cans crushed tomatoes (save the juice)

5 cups of cooked beans—your favorites in any combination pinto, black, garbanzo, soy, kidney; lentils are good, too Salt to taste

In a large saucepan, simmer the onion in 1 cup water over medium heat for about 2 minutes, then add the garlic, carrot, celery, pepper, chili powder, tomatoes, and cayenne. Simmer and stir until well blended, then add the beans. Lower heat and simmer low for 30 minutes. Add the mustard and salt, stir, and serve.

## **POACHED SALMON**

#### Serves 1

1 salmon fillet

1/4 cup white wine

½ cup water

Several thin slices of red onion and green pepper Dash of dill

Put the wine, water, dill, onions, and pepper in a sauté pan and simmer on medium heat. Place the fillet in the pan. Cover and cook until done, about 5 minutes depending on the thickness of the fillet. Do not overcook.

### **VEGGIE RICE CASSEROLE**

### Serves 4

1 large clove garlic, peeled

Handful of fresh cilantro leaves

½ cup fresh parsley leaves

1/4 cup chopped onion

2 ½ cups vegetable broth

1 cup short grain brown rice

1 green bell pepper, chopped

1 large carrot, shredded

Place the garlic, cilantro, onion, and 1/2 cup broth in a food processor and process until finely chopped. In a medium-size pot, bring the remaining broth to a boil and add the chopped mixture. Slowly add the rice, green pepper, and shredded carrot, reduce the heat, cover, and simmer for 35 to 45 minutes or until all the liquid has been absorbed. Garnish with parsley.

#### **RECIPES FOR DAY 2**

### **SCRAMBLED DELIGHT**

#### Serves 2

½ green pepper, chopped

½ red pepper, chopped

½ onion, chopped

½ cup spinach, chopped Water for steaming

1 clove garlic, minced

1 tsp extra virgin olive oil

4 eggs

Dash of salt and pepper

In a skillet, steam all the vegetables and garlic in a few tablespoons of water until moderately soft. Add oil to the pan and mix to make sure the vegetables and pan are coated. Whisk the eggs in a bowl and add them to the pan; add salt and pepper and cook until desired consistency is reached.

## RED, GREEN, AND BEAN SALAD

#### Serves 4

1 head romaine or red-leaf

lettuce

34 cup chickpeas

34 cup black beans

1 cup shredded bok choy

1 cup shredded red cabbage

1/3 cup grated low-fat or non-fat cheddar cheese

1 tsp olive oil

2 tbs lemon juice

1 tbs red wine vinegar (or other vinegar)

½ cup chopped walnuts or pecans

Wash, drain, and tear the lettuce into small pieces. Place in a bowl and add the cabbage, beans and chickpeas, bok choy, and cheese. In a small bowl beat the oil, lemon juice, and vinegar. Pour the dressing onto the salad, add the nuts, and toss lightly.

### FESTIVE FETTUCCINE

Serves 4

10 oz whole-grain fettuccine

2 cloves garlic, minced

½ lb cubed firm tofu, or 1 cup shredded cooked chicken breast

1 tbs extra virgin olive oil

1  $\frac{1}{2}$  lbs ripe tomatoes, cut into 1-inch pieces (you can also use canned chopped tomatoes)

1 cup fresh basil leaves, packed

1/4 lb asparagus, cut into one-inch pieces

1 cup frozen green peas, thawed

Salt and pepper to taste

Cook the pasta according to package directions. Drain and reserve 1/3 cup cooking liquid. In a large skillet, heat the oil, and lightly sauté the garlic, asparagus, and tofu for 1 minute. Add tomatoes and peas and reserved liquid (and chicken if using chicken). Cook for 1 minute. Add the cooked pasta and toss. Remove from heat and add the basil, salt, and pepper. Serve immediately.

## **BRUSSELS SPROUTS IN ORANGE SAUCE**

Serves 4

1 lb brussels sprouts

1 ½ tsp cornstarch

1/4 cup orange juice

1 orange, peeled and sectioned

# 1/4 cup fresh cilantro, chopped

## 1/8 cup slivered almonds

Cut a cross into the base of each sprout. Steam the sprouts until tender, about 15 to 20 minutes. In a small saucepan, combine the cornstarch and orange juice. Heat over low heat stirring constantly until thickened. Add the orange sections and cook until bubbly. Pour over the sprouts and serve with cilantro and almond garnish.

#### **RECIPES FOR DAY 3**

## SUNRISE QUINOA WITH FRESH FRUIT

#### Serves 4

3 cups cooked quinoa

3 apricots, chopped

1 orange, peeled and sectioned

1 cup seedless red grapes, halved

1/4 cup raisins

1/4 cup chopped walnuts or pecans

Combine all ingredients except the nuts in a bowl and chill for 1 hour or overnight. Top with nuts before serving.

## MANGO SMOOTHIE

## 1 serving

1 banana

1 mango (peeled and pitted)

8 ounces orange juice

Place all ingredients in a blender or food processor and blend until smooth. Or, you can mash the fruits, place them in a jar with a tight lid, add the juice, and shake vigorously.

### **SPLIT PEA AND VEGGIE STEW**

#### Serves 4

1 cup dry green split peas

3 cups water

1/4 lb each green beans cut into 1-inch pieces, chopped zucchini, and sliced mushrooms

1 green pepper, chopped

1 tbs soy sauce

1 tsp mustard

Place split peas and water in a large pot and bring to a boil; reduce heat, cover, and simmer 1 hour. Steam the vegetables until tender. Combine the cooked split peas and vegetables, stir in soy sauce and mustard, and serve.

## **EGGPLANT DIP**

## Makes 1 ½ cups

1 large eggplant

2 cloves garlic, minced

1 green onion, chopped

1/4 cup chopped parsley

1 tbs lemon juice

10 black olives, pitted and chopped

Peel the eggplant and cut it into quarters. Place the pieces into a steamer and steam until tender, about 10 minutes. When cool, press the liquid out of the eggplant. Place the cooked eggplant and all the remaining ingredients except the olives into a blender and blend until smooth. (If you want a chunky dip, you can hand-mash the ingredients.) Add the chopped olives and chill before serving.

## CHICKEN, VEGGIE, AND CASHEW STIR-FRY

#### Serves 4

½ lb chicken breast, poached and cut into 1/8-inch wide, 3-inch long strips

1 tsp extra virgin olive oil

1 clove garlic, minced

½ cup sliced carrots

½ cup sliced onion

½ cup sliced green pepper

1 cup bean sprouts

2 cups zucchini, cut into thin strips

1/4 cup cashew pieces

1 tbs soy sauce

1 tbs cornstarch

½ cup water

Heat oil in a skillet and sauté the garlic for 1 minute. Add the carrots, onion, green pepper, and soy sauce, cover, and stir fry for 3 to 4 minutes. Add zucchini, bean sprouts, and cooked chicken and stir fry for 3 to 4 minutes. Mix cornstarch and water until smooth. Pour it slowly into the chicken and vegetable mixture, stirring constantly. Cook until thickened and the mixture is well coated. Toss in cashew pieces and serve with brown rice.

## THE ANTI-AGING NUTRITION COUNTER

 $m{F}^{oods\ That\ Combat\ Aging}$  is a one-stop guide to common, everyday foods and nutrients that can help you fight the aging process with every meal. In the nutrition counter you'll find information about calories, portion size, total fat, good fats, bad fats, fiber, calcium, sugars, the antioxidants vitamin C and beta-carotene, and the B vitamins. We hope you will use this information to help you make informed, healthy choices as you purchase, prepare, and enjoy your meals.

### **HOW TO FIND YOUR FOODS**

All food items are arranged alphabetically. For example, if you want to find peppers, turn to the nutrition counter and look for "peppers." Under "peppers" you will see that there are several types of peppers, and you can easily compare the nutritional values of each.

Some foods have been placed in categories. One of the food categories is "Frozen Dinners and Entrees." Dinners represent entire meals, which generally are packaged to include an entrée (e.g., lasagna, meatloaf, fish fillet), a side vegetable, and a dessert. An *entrée* is packaged to contain the main food item only (e.g., pasta, chicken breast, fish fillet).

No nutrition counter would be complete without a fast food category, and ours lists foods alphabetically for many of the most

popular fast food establishments in the United States. You already know that you need to limit or avoid most fast foods and other treats such as cookies, candies, and doughnuts and that you should look for nutritious alternatives instead. That's why we have included healthier versions of these treats whenever possible. The counter makes it easy for you to compare the helpful and harmful nutrients in similar foods so you can make an informed choice.

**NOTE:** The **DRI** (Daily Recommended Intake) is an expansion of the **RDA** (Recommended Daily Allowance) designation, which is being phased out. It's important to understand that **RDA** and **DRI** values are based on the minimum amount needed by healthy individuals to maintain an adequate amount of the given nutrient in the body. These values are not sufficient for people who are already deficient in any one or more nutrients and/or anyone who has a medical condition or is exposed to conditions that make higher levels of the nutrient desirable. Basically, the DRIs and RDAs are too low for nearly everyone, and especially if you want to fight aging, so they should be used as a guideline only.

#### HOW TO IDENTIFY ANTI-AGING NUTRIENTS

Each of the food entries in the nutrition counter has information in the following categories: food name, portion size, calories, total fat, good fats, bad fats, fiber, sugar, beta-carotene, calcium, vitamin C, and B vitamins. Let's look at each of these categories more closely.

### **Portion Size**

This is the standard amount of food suggested by the U.S. Department of Agriculture and the food industry. Always check the serving size: it may be smaller or larger than you think.

#### **Calories**

This is the amount of energy provided by one serving of a food or beverage. You can use this value to help you plan your meals if you are trying to lose weight or restrict your total daily caloric intake.

### Total Fat

The figure in the total fat category is the sum of saturated, monounsaturated, polyunsaturated, and trans fats. We break down these four types of fat into two subcategories (bad fats and good fats) in other columns.

Overall, your daily fat intake should be 20 to 25 percent of your total daily calories. Based on a 2,000-calorie-per-day diet, that translates as 2,000 calories  $\times$  20% (or 25%) = 400 (or 500)  $\div$  9 (calories per gram of fat) = 44 (or 50) grams, which = 396 (or 450) calories. You can use this column to find foods that are low in total fat. Generally, such foods include fruits, vegetables, grains, cereals, soy foods, fish, some poultry, and low-fat dairy. Highly refined or processed foods, meats, whole-milk dairy, baked goods, and snack foods typically have higher total fat (and usually high bad fat) content.

#### Good Fats

The "Good Fats" category includes the known values of monounsaturated and/or omega-3 fatty acids in the food or beverage. These are the healthy fats that benefit the heart, help lower cholesterol, and protect against insulin resistance. This value can help you choose foods that provide these advantages. Your intake of good fats should be 10 to 15 percent of your total daily calories. Based on the 2,000-calories-per-day model, your good fat intake should be 200 to 300 calories, as follows: 2,000 calories  $\times$  10% (or 15%) = 200 (or 300)  $\div$  9 (number of calories in a gram of fat) = 22 (or 33) grams.

#### **Bad Fats**

This category contains the sum of saturated and trans fats in the food and beverages in the counter. These are the artery-clogging, heart-stopping fats, and the ones that you want to limit in your diet. Foods typically high in saturated fat include meats, butter, tropical oils, full-fat dairy products, margarine, and some processed foods. Trans fats are found in margarine, many processed foods such as snacks and crackers, packaged dinners, and fast foods.

Saturated and trans fat *together* should not exceed 10 percent of your total caloric intake per day. Given the standard 2,000 calories-per-day model, your daily intake of bad fats should not be more than 200 calories (2,000 calories  $\times$  10% = 200  $\div$  9 (number of calories in a gram of fat), or 22 grams. A quick look at the "Bad Fats" category will give you immediate information on the bad fat content of the foods and beverages you are considering and help you make healthier choices.

### Fiber

This no-calorie nutrient plays many important roles in an antiaging diet; for example, it helps reduce cholesterol and triglyceride levels, fight obesity, prevent constipation, reduce risk of intestinal problems, including colon cancer, stabilize glucose levels, and remove toxins from the body. If you are between the ages of 19 and 50, you should strive to get 38 grams of fiber daily if you are male, and 25 grams if you are female. If you are older than 50, the National Academy of Sciences, Food and Nutrition Board recommends 30 grams for men and 21 grams for women.

You can scan the fiber column to find foods that contain a good fiber content (at least 2.5 to 3 grams per serving). Foods that typically fall into this range or higher include fruits and vegetables, cereals, grains, nuts, seeds, and some soy-based foods.

## Sugar

Sugar refers to simple sugars, the ones that are especially harmful because they cause a rapid rise in blood glucose levels and lead to insulin resistance, both of which increase your risk of diabetes, heart disease, and many other serious medical conditions. High intake of simple sugars can also lead to weight gain.

Keep in mind that the "Sugars" category includes both naturally occurring sugars (like those found in fruit, fruit juices, milk, and some vegetables) as well as those that are added to foods and beverages. You can find added sugars on the ingredient lists on food packages.

You can use the "Sugars" category to help you limit the amount of added simple sugars in your diet and to ensure you get enough of the good sugars (complex carbs). When looking at foods that often have added sugars, such as breakfast cereals and cookies, you can scan the "Sugars" category for those that contain low amounts (between 0 and 5 grams of total sugars).

#### Beta-carotene

Beta-carotene is the most studied of the more than 600 different types of carotenoids that have been identified in plants. Carotenoids are pigments that give fruits and vegetables their color, and beta-carotene is an especially potent carotenoid. The role of beta-carotene in nature is to protect dark green, orange, and yellow fruits and vegetables from the damage caused by solar radiation, and it is believed it also helps protect the human body as well. The colors give you a clue as to the fruits and vegetables that contain high levels of this antioxidant, and they include yellow squash, cantaloupe, peaches, apricots, tomatoes, sweet potatoes, carrots, and green leafy vegetables.

### Calcium

As you know, calcium is critical for strong bones, and an insufficient amount of calcium in the diet significantly increases the

risk of osteoporosis and with it, an increased risk of fractures from falls. Therefore you should make every effort to make sure you are getting enough calcium in your diet (1,000mg for men and women age 19 to 50 years; 1,200mg for older adults). You can use the nutrition counter to help you identify the foods that are rich sources of this mineral. Some of those sources include dairy products, canned sardines, green leafy vegetables, yogurt, and soybeans.

#### Vitamin C

This potent antioxidant is an important member of the arsenal you should assemble in your fight against free radical damage and aging. Vitamin C (also known as ascorbic acid) is water soluble and is found in all body fluids. Because the body cannot store this antioxidant, it's very important to replenish your supply daily. When you use the nutrition counter, you will see that the best sources of vitamin C are fruits and fruit juices, vegetables and vegetable juices, and products that are enriched with vitamin C, including cereals.

In the nutrition counter, the vitamin C content per serving is given in DV. The Dietary Reference Intake (DRI, formerly RDA) is 75 mg for women and 90 mg for men; for smokers, 110mg for women and 130 mg for men.

### **B** vitamins

The B vitamins are essential to help preserve and maintain optimal function of the central nervous system and the production of neurotransmitters, which are critical for brain function because they carry signals from cell to cell. Generally, B vitamins help fight the signs and symptoms of an aging brain: for example, slowing of reflexes, difficulty recalling names or words, increasing bouts of forgetfulness and confusion, and episodes of mental "fog." B vitamins also play a critical role in the breakdown of carbohydrates

into glucose (to provide energy), and in the maintenance of muscle tone in the gastrointestinal tract.

The vitamins that make up what is commonly called the "vitamin B complex" include thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folic acid (B9), and cobalamin (B12). Each of these vitamins has distinct characteristics, but they also have many similar properties and are found in many of the same common foods. At one time, this fact led researchers to consider them as one substance. For the sake of simplicity, we treat the B vitamins as a single entry for each food or beverage item and rate the vitamin B content as "0" for none or insignificant; "+" for a moderate amount, and "++" for a high amount.

Because the B vitamins are water soluble, they do not stay in the body very long (except for B12) and therefore need to be replenished regularly, preferably daily. You can use the information in this column to help you identify foods and beverages that contain these essential vitamins.

The information in the Anti-Aging Nutrition Counter was compiled from many sources, including but not limited to organizations within the United States government (Food and Drug Administration, National Academy of Sciences, U.S. Department of Agriculture National Nutrient Database), individual food labels, food manufacturers, fast-food restaurants, and various Internet sources, including *Nutritiondata.com*. It's especially important to note that fast-food restaurants are constantly making adjustments to their menus, and so you may wish to ask about specific items to see if their nutritional content has changed.

This nutrition counter provides you with a wealth of information you need and can readily use to fight aging with every spoonful you take. Bring this book along with you to the supermarket, restaurants, farmers' markets—anywhere food is sold!

### ABBREVIATIONS AND SYMBOLS

Here are the abbreviations and symbols you will see in the nutrition counter.

```
cont = container
g = gram
mcg = microgram
mg = milligram
mL = milliliters
```

Na = not available; the product may contain this substance but the manufacturer or company does not list this information on the label

```
oz = ounce
pc(s) = piece(s)
pkg = package
serv = serving
tbs = tablespoon
tsp = teaspoon
w = with
w/o = without
```

percentage DV = percent Daily Value, the recommended intake of a nutrient based on a 2,000 calorie diet

0 = none, zero, or an insignificant amount of B vitamins (<10% of two or more B vitamins) + = moderate amount of B vitamins (at least 10% of two or more B vitamins) + + = high amount of B vitamins \* = the figure given is an estimate and based on similar, generic food items for which levels have been provided by the FDA. We provide this information because food manufacturers typically do not reveal beta carotene and B vitamin content on their labels. The specific brand-name food may contain the same or different amount of the nutrients.

# THE NUTRITION COUNTER

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
ACORN SQUASH, boiled, mashed	V2 <b>C</b>	42	0	0	0	3	0	2850	3	13	+
ALMONDS											
Dry roasted, no salt	1 oz	169	15	9.5	1	3	1	0.28	7	0	+
Oil roasted, no salt	1 oz	172	16	9.5	1	3	1	0.28	8	0	+
ANCHOVIES, in oil, drained	1 oz	59	3	1	1	0	0	0	6	0	0
APPLE JUICE											
Eden Foods, organic	8 oz	90	0	0	0	0	12	0	0	0	0
Minute Maid, frozen, prepared, fortified	8 oz	110	0	ŏ	ō	ō	27	ō	10	120	ō
Minute Maid, apple white grape, box	200 mL	100	0	ō	0	0	22	0	10	100	0
Mott's 100%, bottled	8 oz	120	0	ō	ō	ō	28	ō	2	20	0
Mott's Plus light juice beverage	8 oz	60	ő	ő	ő	Õ	14	ő	10	100	ő
APPLESAUCE	002	-	•		•	•	•••	•		100	
Eden Foods, organic	1/2 C	60	0	0	0	2	10	0	0	0	0
Mott's original	1/2 C	110	0	ŏ	ő	1	25	0	0	2	0
Mott's unsweetened	½ c	50	0	0	0	i	12	0	0	2	0
APPLES	72 C	30	0	J	J	'	12	U	J	2	U
Raw, with skin	Medium	72	0	0	0	3	14	37	0	10	0
Raw, without skin	Medium	61	0	0	0	2	13	22	0	8	0
		209	0	0	0	7	49	0	1	5	0
Dried, sulfured	1 c 1	17	0	0	0	1	3	380	0	5	0
APRICOTS, fresh	-		-	-	-		-		-	-	-
Dried	1 oz	68	0	0	0	9	69	2810	7	2	+
Del Monte, canned, halves, drained	V₂ C	100	0	0	0	1	25	2840	0	8	0
Del Monte, canned lite halves	V2 <b>C</b>	60	0	0	0	1	15	2840	0	8	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
S&W, sun apricots	1/2 C	90	0	0	0	1	19	2840*	0	100	0
S&W whole	½ c										
APRICOT NECTAR, organic					Λ.			2040*	Δ.	2	Λ.
(Santa Cruz)	72.4	120	0	0	0	1	28	2840*	0	2	0
ARTICHOKE											
Globe or French, boiled	8 oz	120	0	0	0	<1	27	2840* 1800	2	10	0
Clobe or French holled	8 oz	120	0	0	0	<1	27	1800	2	10	0
	8 oz 1	120	0	0	0	<1 6	27	1800 127	2	10 20	0
Birds Eye, hearts, frozen	8 oz 1 12 pcs	120 60 40	0 0 1	0	0 0 0	<1 6 5	27 1 0	1800 127 Na	2 5 4	10 20 10	0
Birds Eye, hearts, frozen ASPARAGUS, fresh, cooked, no salt	8 oz 1 12 pcs ½ c	120 60 40 20	0 0 1 0	0 0 0 0	0 0 0 0	<1 6 5 2	27 1 0 1	1800 127 Na 543	2 5 4 2	10 20 10 11	0 0 0 +
Birds Eye, hearts, frozen <b>ASPARAGUS</b> , fresh, cooked, no salt Birds Eye, cuts, frozen	8 oz 1 12 pcs ½ c ¾ c	120 60 40 20 20	0 0 1 0	0 0 0 0 0	0 0 0 0 0	<1 6 5 2 0	27 1 0 1 0	1800 127 Na 543 600*	2 5 4 2 0	10 20 10 11 15	0 0 0 + +
Birds Eye, hearts, frozen <b>ASPARAGUS</b> , fresh, cooked, no salt Birds Eye, cuts, frozen Birds Eye, spears, frozen	8 oz 1 12 pcs ½ c ¾ c 7	120 60 40 20 20 20	0 0 1 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	<1 6 5 2 0	27 1 0 1 0 0	127 Na 543 600* 290*	2 5 4 2 0	10 20 10 11 15 15	0 0 0 + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips	8 oz 1 12 pcs ½ c ¾ c 7 ½ c	120 60 40 20 20 20 20 20	0 0 1 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	<1 6 5 2 0 0	27 1 0 1 0 0	127 Na 543 600* 290* 1190*	2 5 4 2 0 0	10 20 10 11 15 15 25	0 0 0 + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears	8 oz 1 12 pcs ½ c ¾ c 7	120 60 40 20 20 20	0 0 1 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	<1 6 5 2 0	27 1 0 1 0 0	127 Na 543 600* 290*	2 5 4 2 0	10 20 10 11 15 15	0 0 0 + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO	8 oz 1 12 pcs ½ c ¾ c 7 ½ c	120 60 40 20 20 20 20 20 20	0 0 1 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0 0	<1 6 5 2 0 0 1	27 1 0 1 0 0 0	127 Na 543 600* 290* 1190*	2 5 4 2 0 0 0	10 20 10 11 15 15 25 25	0 0 0 + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California	8 oz 1 12 pcs ½ c ¾ c 7 ½ c	120 60 40 20 20 20 20 20	0 0 1 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	<1 6 5 2 0 0 1 1	27 1 0 1 0 0 0 0	127 Na 543 600* 290* 1190*	2 5 4 2 0 0 0	10 20 10 11 15 15 25	0 0 0 + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7	120 60 40 20 20 20 20 20 20	0 0 1 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	<1 6 5 2 0 0 1	27 1 0 1 0 0 0	1800 127 Na 543 600* 290* 1190* 540*	2 5 4 2 0 0 0	10 20 10 11 15 15 25 25	0 0 + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7	120 60 40 20 20 20 20 20 20 20	0 0 1 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	<1 6 5 2 0 0 1 1	27 1 0 1 0 0 0 0	1800 127 Na 543 600* 290* 1190* 540*	2 5 4 2 0 0 0	10 20 10 11 15 15 25 25	0 0 0 + + + + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California  Florida	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7	120 60 40 20 20 20 20 20 20 20	0 0 1 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	<1 6 5 2 0 0 1 1	27 1 0 1 0 0 0 0	1800 127 Na 543 600* 290* 1190* 540*	2 5 4 2 0 0 0	10 20 10 11 15 15 25 25	0 0 0 + + + + + + + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California  Florida  BACON	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7	120 60 40 20 20 20 20 20 20 20 365	0 0 1 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	<1 6 5 2 0 0 1 1 1	27 1 0 1 0 0 0 0	1800 127 Na 543 600* 290* 1190* 540*	2 5 4 2 0 0 0 0	10 20 10 11 15 15 25 25 25	0 0 0 + + + + + + + + + + + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California Florida  BACON  Oscar Mayer, center cut	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7	120 60 40 20 20 20 20 20 20 20 50 50	0 0 1 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	<1 6 5 2 0 0 1 1 1 12 17	27 1 0 1 0 0 0 0 0 0 1 7	1800 127 Na 543 600* 290* 1190* 540* 109 161	2 5 4 2 0 0 0 0 0	10 20 10 11 15 15 25 25 25 25	0 0 0 + + + + + + + + + + + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California Florida  BACON  Oscar Mayer, center cut  Oscar Mayer, hearty thick cut	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7 1 1	120 60 40 20 20 20 20 20 20 20 50 60	0 0 1 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 17 17	0 0 0 0 0 0 0 0 0	<1 6 5 2 0 0 1 1 1 12 17	27 1 0 1 0 0 0 0 0	1800 127 Na 543 600* 290* 1190* 540* 109 161	2 5 4 2 0 0 0 0 0	10 20 10 11 15 15 25 25 25 25 88	0 0 0 + + + + + + + + + + + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California Florida  BACON  Oscar Mayer, center cut  Oscar Mayer, ready to serve  Oscar Mayer, ready to serve, Canadian	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7 1 1 1 ½ oz ¾ oz ½ oz	120 60 40 20 20 20 20 20 20 20 50 60 70	0 0 1 0 0 0 0 0 0 0 27 31	0 0 0 0 0 0 0 0 0 17 17 17 Na Na	0 0 0 0 0 0 0 0 0 4 6	<1 6 5 2 0 0 1 1 1 12 17 0 0 0	27 1 0 1 0 0 0 0 0 0	1800 127 Na 543 600* 290* 1190* 540* 109 161	2 5 4 2 0 0 0 0 0 0	10 20 10 11 15 15 25 25 25 25 88 0 0	0 0 0 + + + + + + + + + + + + + + + + +
Birds Eye, hearts, frozen  ASPARAGUS, fresh, cooked, no salt  Birds Eye, cuts, frozen  Birds Eye, spears, frozen  Del Monte, canned cuts & tips  Del Monte, canned, spears  AVOCADO  California Florida  BACON  Oscar Mayer, center cut  Oscar Mayer, hearty thick cut  Oscar Mayer, ready to serve	8 oz 1 12 pcs ½ c ¾ c 7 ½ c 7 1 1 1 ½ oz ¾ oz ½ oz	120 60 40 20 20 20 20 20 20 20 50 60 70	0 0 1 0 0 0 0 0 0 0 27 31	0 0 0 0 0 0 0 0 0 17 17 17 Na Na	0 0 0 0 0 0 0 0 0 4 6	<1 6 5 2 0 0 1 1 1 12 17 0 0 0	27 1 0 1 0 0 0 0 0 0	1800 127 Na 543 600* 290* 1190* 540* 109 161	2 5 4 2 0 0 0 0 0 0	10 20 10 11 15 15 25 25 25 25 88 0 0	0 0 0 + + + + + + + + + + + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
BAGELS											
Pepperidge Farm, plain	1	260	1	0	0	5	9	Na	15	0	+
Pepperidge Farm, whole wheat	1	250	1.5	0	0	6	9	Na	15	0	+
Sara Lee											
Apple cinnamon, 4 oz	1	310	1.5	0	0	3	16	Na	15	0	+
Banana walnut, 4 oz	1	350	7	Na	2	4	10	Na	14	4	+
Blueberry, toaster size	1	160	0.5	0	0	1	4	Na	6	0	+
Cinnamon raisin, toaster size	1	160	0.5	0	0	1	3	Na	6	0	+
Cranberry orange, 4 oz	1	310	1.5	0	0	3	16	Na	14	4	+
Honey wheat, toaster size	1	250	1	0	0	4	7	Na	20	0	+
Onion, deluxe	1	260	1	0	0	2	5	Na	10	0	+
Plain, toaster size	1	160	0.5	0	0	1	3	Na	6	0	+
Sundried tomato & basil	1	300	1.5	0	0	2	6	Na	10	0	+
BANANA, raw, 7"	1	105	0	0	0	3	14	31	0	17	0
BARBEQUE SAUCE											
Hunts, original, bold	2 tbs	60	0	0	0	<1	11	0	0	0	0
Hunts, honey hickory	2 tbs	60	0	0	0	<1	11	0	0	0	0
Kraft, hickory smoke	2 tbs	40	0	ō	0	0	7	0	0	0	0
Kraft, original	2 tbs	40	0	ō	0	0	9	0	0	0	0
Kraft, thick spicy brown sugar	2 tbs	60	0	ō	0	0	13	0	0	0	0
BARLEY, cooked	1 c	193	0	0	0	6	0	8	ì	0	0
BASS, striped, cooked, dry heat	3 oz	105	3	1	1	0	ō	0	1	0	++
Food	Portion Size		Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
DEANC hakad										,,	(-,-,-
BEANS, baked	1/4.6	160	٠,	_	0		12	0	-		
B&M, maple flavor	V2 C	160	1	0	0	8	12	0	6	0	+
B&M, maple flavor Bush's Boston recipe	⅓ c	150	1	0	0	5	11	0	8	0	++
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans	½ c ½ c	150 140	1 1.5	0	0	5 7	11 0	0	8	0 0 4	++++
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ	½ c ½ c ½ c	150 140 140	1 1.5 0.5	0 1 0	0 0.5 0	5 7 6	11 0 11	0 0 0	8 6 6	0 0 4 0	+ + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard	½ C ½ C ½ C ½ C	150 140 140 140	1 1.5 0.5 0.5	0 1 0	0 0.5 0	5 7 6 6	11 0 11 11	0 0 0	8 6 6	0 0 4 0	+ + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon	½ c ½ c ½ c	150 140 140	1 1.5 0.5	0 1 0	0 0.5 0	5 7 6	11 0 11	0 0 0	8 6 6	0 0 4 0	+ + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other	½ C ⅓ C ⅓ C ⅓ C ⅓ C	150 140 140 140 140	1 1.5 0.5 0.5 0.5	0 1 0 0	0 0.5 0 0	5 7 6 6	11 0 11 11 12	0 0 0 0	8 6 8 6	0 0 4 0 0	+ + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt	1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	150 140 140 140 140 140	1 1.5 0.5 0.5 0.5	0 1 0 0 0	0 0.5 0 0 0	5 7 6 6 6	11 0 11 11 12	0 0 0 0 0	8 6 8 6	0 0 4 0 0 0	+ + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt	½ c ½ c ½ c ½ c ½ c	150 140 140 140 140 140 294 227	1 1.5 0.5 0.5 0.5 0.5	0 1 0 0 0 0 0 0	0 0.5 0 0 0	5 7 6 6 6 6	11 0 11 11 12 0 0	0 0 0 0 0 0 0	8 6 8 6	0 0 4 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt	位 c 位 c 位 c 位 c 位 c 位 c 位 c 位 c	150 140 140 140 140 140 294 227 209	1 1.5 0.5 0.5 0.5 0.5	0 1 0 0 0 0 0 0 0	0 0.5 0 0 0	5 7 6 6 6 6 17 10 12	11 0 11 11 12 0 0	0 0 0 0 0	8 6 8 6 10 12	0 0 4 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt	位 c 位 c 位 c 位 c 位 c 位 c 位 c 位 c 位 c 位 c	150 140 140 140 140 140 294 227 209 255	1 1.5 0.5 0.5 0.5 0.5	0 1 0 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0	5 7 6 6 6 17 10 12 3	11 0 11 11 12 0 0 0	0 0 0 0 0	8 6 8 6 10 12 3	0 0 4 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki	始 c 物 c 物 c 物 c 物 c 物 c り た c し c し c し c し c り	150 140 140 140 140 294 227 209 255 110	1 1.5 0.5 0.5 0.5 0.5	0 1 0 0 0 0	0 0.5 0 0 0 0	5 7 6 6 6 17 10 12 3	11 0 11 11 12 0 0 0	0 0 0 0 0 0	8 6 8 6 10 12 3 4	0 0 4 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black	½ c ½ c ½ c ½ c ½ c 1 c 1 c 1 c ½ c	150 140 140 140 140 294 227 209 255 110 110	1 1.5 0.5 0.5 0.5 0 0 1 1	0 1 0 0 0 0	0 0.5 0 0 0 0	5 7 6 6 6 17 10 12 3 3	11 0 11 11 12 0 0 0 0	0 0 0 0 0 0	8 6 8 6 10 12 3 4 6	0 0 4 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), kidney	½ c ½ c ½ c ½ c ½ c 1 c 1 c 1 c ½ c ½ c	150 140 140 140 140 140 294 227 209 255 110 110	1 1.5 0.5 0.5 0.5 0 0 1 1 0	0 1 0 0 0 0 0	0 0.5 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10	11 0 11 11 12 0 0 0 0 0 0	0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6	0 0 4 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), kidney Organic (Eden), navy	放 C	150 140 140 140 140 294 227 209 255 110 110	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1	0 1 0 0 0 0 0	0 0.5 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10 6	11 0 11 11 12 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6	0 0 4 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), black Organic (Eden), kidney Organic (Eden), navy Organic (Eden), pinto	安 な な な な な な し し し し し し し し し し し し し	150 140 140 140 140 294 227 209 255 110 110 110	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1	0 1 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 6 10 6	11 0 11 11 12 0 0 0 0 0 0 0 <1 <1 <1	0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6	0 0 4 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Creat northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), kidney Organic (Eden), navy Organic (Eden), pinto Organic (Eden), soybeans, black	安 な な な な な な な し に に に に に に に に に に に に に	150 140 140 140 140 294 227 209 255 110 110 110 110	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1 0 1	0 1 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 6 10 6 7	0 11 11 12 0 0 0 0 0 0 0 0 0 0 0 1 1 1 1	0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6 6	0 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), bidney Organic (Eden), navy Organic (Eden), pinto Organic (Eden), soybeans, black S&W, black	и и и и и и и и и и и и и и	150 140 140 140 140 294 227 209 255 110 110 110 110 120 70	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1 0 1 1 6	0 1 0 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10 6 6 7 6	0 11 11 12 0 0 0 0 0 0 0 0 0 <1 <1 1	0 0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6 6 8 6	0 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), black Organic (Eden), pinto Organic (Eden), pinto Organic (Eden), soybeans, black S&W, black S&W, kidney	и и и и и и и и и и и и и и	150 140 140 140 140 294 227 209 255 110 110 110 110 120 70	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1 1 0 1 1 6 0 0.5	0 1 0 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10 6 6 7 6	0 11 11 12 0 0 0 0 0 0 0 0 <1 <1 <1 1	0 0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6 8 8	0 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), black Organic (Eden), pinto Organic (Eden), pinto Organic (Eden), soybeans, black S&W, black S&W, kidney S&W, white	и и и и и и и и и и и и и и	150 140 140 140 140 294 227 209 255 110 110 110 110 120 70	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1 0 1 1 6	0 1 0 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10 6 6 7 6	0 11 11 12 0 0 0 0 0 0 0 0 0 <1 <1 1	0 0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6 6 8 6	0 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), black Organic (Eden), pinto Organic (Eden), pinto Organic (Eden), soybeans, black S&W, black S&W, kidney S&W, white BEEF	и и и и и и и и и и и и и и	150 140 140 140 140 294 227 209 255 110 100 110 110 120 70 100 80	1 1.5 0.5 0.5 0.5 0 1 1 0 1 1 0 0 1 1 6 0 0.5	0 1 0 0 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10 6 6 7 6 6 6	11 0 11 11 12 0 0 0 0 0 0 0 <1 <1 1 1	0 0 0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6 6 8 6 8 6	0 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +
B&M, maple flavor Bush's Boston recipe Campbell's pork 'n beans S&W, country BBQ S&W, honey mustard S&W, sweet bacon BEANS, other Adzuki, fresh, cooked w/salt Black, fresh, cooked w/salt Great northern, cooked, w/salt Navy, cooked w/salt Organic (Eden), adzuki Organic (Eden), black Organic (Eden), black Organic (Eden), pinto Organic (Eden), pinto Organic (Eden), soybeans, black S&W, black S&W, kidney S&W, white	и и и и и и и и и и и и и и	150 140 140 140 140 294 227 209 255 110 110 110 110 120 70	1 1.5 0.5 0.5 0.5 0 0 1 1 0 1 1 0 1 1 6 0 0.5	0 1 0 0 0 0 0 0 0 0 0 0	0 0.5 0 0 0 0 0 0 0 0 0	5 7 6 6 6 6 17 10 12 3 3 6 10 6 6 7 6	0 11 11 12 0 0 0 0 0 0 0 0 <1 <1 <1 1	0 0 0 0 0 0 0 0 0 0	8 6 8 6 10 12 3 4 6 6 6 6 8 8	0 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + + + + + + + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Brisket, lean & fat, choice, braised, flat half	3 oz	186	9	4	3	0	0	0	1	0	++
Brisket, lean, choice, braised	3 oz	180	7	3	3	0	0	0	1	0	++
Chuck arm roast, lean & fat, choice,											
braised	3 oz	251	16	7	6	0	0	0	1	0	++
Chuck blade roast, lean, choice, braised	3 oz	225	12	4	5	0	0	0	1	0	++
Chuck blade roast, lean & fat, choice,											
braised	3 oz	296	22	9	9	0	0	0	1	0	++
Corned beef brisket, cooked	3 oz	213	16	8	5	0	0	0	0	0	++
Ground, 70% lean, pan-broiled	3 oz	202	13	6.5	5	0	0	0	3	0	++
Ground, 85% lean, baked	3 oz	204	12	5.5	5	0	0	0	2	0	++
Ground, 95% lean, baked	3 oz	148	5	2.5	2	0	0	0	0	0	++
Liver, pan fried	3 oz	142	4	0.5	1	0	0	0	0	0	++
Round, bottom, lean, choice, roasted	3 oz	157	6	2.5	2	0	0	0	0	0	++
Short loin, lean & fat, choice, broiled	3 oz	241	17	8	6	0	0	0	0	0	++
Short loin, lean, choice, broiled	3 oz	190	11	5	4	0	0	0	0	0	++
Top sirloin, lean & fat, choice, broiled	3 oz	186	9	4	3	0	0	0	1	0	++
Top sirloin, lean, choice, broiled	3 oz	160	6	2	2	0	0	0	1	0	++
BEEF SUBSTITUTES											
Amy's Kitchen, All American burger	1	120	3	Na	0	3	2	0	4	6	Na
Amy's Kitchen, California veg burger	i	140	5	Na	0.5	4	2	0	2	6	Na
Amy's Kitchen, Chicago veg burger	i	160	5	Na	1.5	3	2	0	8	4	Na
Amy's Kitchen, Texas veg burger	i	120	2.5	Na	0	3	2	0	4	2	Na
Boca Burgers, organic cheeseburger	i	120	4.5	Na	2	3	ĩ	0	8	0	+
Boca Burgers, organic vegan	i	100	2.5	Na	0	4	o	0	6	0	+
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Boca Burgers, roasted garlic	1	70	1.5	Na	0	4	0	0	6	0	
										-	+
Boca Burgers, onion	1	70	1	Na	0	4	1	0	10	0	+
Morningstar Grillers, vegan	1 1 patty	70 100	1 2.5	Na 1	0 0.5		0	0	10 4	0	
Morningstar Grillers, vegan Morningstar Burger Crumbles			1 2.5 5	Na 1 1	0 0.5 0.5	4 4 4.5	0	0	10 4 6	0	+
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger	1 patty	100 165 100	1 2.5 5 2.5	Na 1 1 0.5	0 0.5 0.5 0.5	4 4 4.5 4	0	0 0 265	10 4 6 4	0 0 0	+++
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original	1 patty 1 cup 1 patty 1 patty	100 165 100 130	1 2.5 5 2.5 6	Na 1 1 0.5 2	0 0.5 0.5 0.5	4 4 4.5 4 2	0 1 0 <1	0 0 265 0	10 4 6 4 4	0 0 0 0	+ ++ ++ + ++
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger	1 patty 1 cup 1 patty	100 165 100 130 110	1 2.5 5 2.5 6 6	Na 1 1 0.5 2 2	0 0.5 0.5 0.5 1	4 4 4.5 4 2 <1	0 1 0 <1	0 0 265 0	10 4 6 4 4	0 0 0 0 0 0 0	+ ++ ++ +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger	1 patty 1 cup 1 patty 1 patty	100 165 100 130 110 140	1 2.5 5 2.5 6 6 4.5	Na 1 1 0.5 2 2	0 0.5 0.5 0.5 1 1 0.5	4 4 4.5 4 2 <1 5	0 1 0 <1 1	0 0 265 0 0	10 4 6 4 4 0 8	0 0 0 0 0 0 0 0 0	+ ++ ++ + ++
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 12 strips	100 165 100 130 110 140 150	1 2.5 5 2.5 6 6 4.5 3.5	Na 1 0.5 2 2 1	0 0.5 0.5 0.5 1 1 0.5 0.5	4 4 4.5 4 2 <1 5	0 1 0 <1 1 2	0 0 265 0 0 0	10 4 6 4 4 0 8	0 0 0 0 0 0 0 0 0	+ ++ ++ + Na
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 12 strips 3/4" slice	100 165 100 130 110 140 150 180	1 2.5 5 2.5 6 6 4.5 3.5	Na 1 0.5 2 2 1 1.5 4.5	0 0.5 0.5 0.5 1 1 0.5 0.5	4 4 4.5 4 2 <1 5 1	0 1 0 <1 1 2 1	0 0 265 0 0 0	10 4 6 4 4 0 8 4	0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ + Na + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 12 strips 3/4" slice 3 slices	100 165 100 130 110 140 150 180 140	1 2.5 5 2.5 6 6 4.5 3.5 11	Na 1 0.5 2 2 1 1.5 4.5	0 0.5 0.5 0.5 1 1 0.5 0.5 1.5	4 4 4.5 4 2 <1 5 1 3	0 1 0 <1 1 2 1	0 0 265 0 0 0 0	10 4 6 4 4 0 8 4 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ + Na + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8"	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 12 strips 3/4" slice	100 165 100 130 110 140 150 180 140	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5	0 0.5 0.5 0.5 1 0.5 0.5 1.5 1 0.5	4 4 4.5 4 2 <1 5 1 3 0 4	0 1 0 <1 1 2 1 1	0 0 265 0 0 0 0	10 4 6 4 4 0 8 4 2 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ + Na + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc	100 165 100 130 110 140 150 180 140 120 130	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5	0 0.5 0.5 0.5 1 0.5 0.5 1.5 1 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3	0 1 0 <1 1 2 1 1 1 1 1	0 0 265 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs	100 165 100 130 110 140 150 180 140 120 130	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5	0 0.5 0.5 0.5 1 0.5 0.5 1.5 1 0.5 1	4 4 4.5 4 2 <1 5 1 3 0 4 3 1	0 1 0 <1 1 2 1 1 1 1 1 <1	0 0 265 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ + + + Na + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc	100 165 100 130 110 140 150 180 140 120 130 120 60	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 1.5	0 0.5 0.5 0.5 1 1 0.5 0.5 1.5 1 0.5 1 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2	0 1 0 <1 1 2 1 1 1 1 1 1 1	0 0 265 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger Worthington vegetarian burger	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs	100 165 100 130 110 140 150 180 140 120 130	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5	0 0.5 0.5 0.5 1 0.5 0.5 1.5 1 0.5 1	4 4 4.5 4 2 <1 5 1 3 0 4 3 1	0 1 0 <1 1 2 1 1 1 1 1 <1	0 0 265 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs 1/4 c	100 165 100 130 110 140 150 180 140 120 130 120 60	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 1.5	0 0.5 0.5 0.5 1 1 0.5 0.5 1.5 1 0.5 1 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2	0 1 0 <1 1 2 1 1 1 1 1 1 1	0 0 265 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger Worthington vegetarian burger	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs 1/4 c	100 165 100 130 110 140 150 180 140 120 130 120 60	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 1.5	0 0.5 0.5 0.5 1 1 0.5 0.5 1.5 1 0.5 1 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2	0 1 0 <1 1 2 1 1 1 1 1 1 1	0 0 265 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger Worthington vegetarian burger BEER	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs 1/4 c 1/4 c	100 165 100 130 110 140 150 180 140 120 130 120 60	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 1.5 0 0	0 0.5 0.5 0.5 1 0.5 0.5 1.5 0.5 1 0.5 0.5 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2 1	0 1 0 <1 1 2 1 1 1 1 1 1 0 0	0 0 265 0 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger Worthington vegetarian burger  BEER Beer, light	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs 1/4 c 1/4 c	100 165 100 130 110 140 150 180 140 120 60 70	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5 1.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 0 0 0	0 0.5 0.5 0.5 1 0.5 0.5 1.5 1 0.5 0.5 0.5 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2 1	0 1 0 <1 1 2 1 1 1 1 1 0 0	0 0 265 0 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + + + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Spicy black bean burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger Worthington vegetarian burger  BEER Beer, light Beer, nonalcoholic Beer, regular  BEETS, fresh, boiled, sliced	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 patty 12 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs 1/4 c 1/4 c 12 oz 12 oz	100 165 100 130 110 140 150 180 140 120 60 70	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5 1.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 1.5 0 0	0 0.5 0.5 0.5 1 0.5 0.5 1.5 0.5 1 0.5 0.5 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2 1	0 1 0 <1 1 2 1 1 1 1 1 0 0	0 0 265 0 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + + + + + + +
Morningstar Grillers, vegan Morningstar Burger Crumbles Morningstar Garden veggie burger Morningstar Grillers, original Morningstar Mushroom lover's burger Morningstar Steak strips Worthington dinner roast Worthington meatless corned beef Worthington Redi-Burger patties 5/8" Worthington Swiss steak Worthington Tender Rounds Worthington Vege-Burger Worthington vegetarian burger  BEER Beer, light Beer, nonalcoholic Beer, regular	1 patty 1 cup 1 patty 1 patty 1 patty 1 patty 1 patty 1 patty 12 strips 3/4" slice 3 slices 1 patty 1 pc 6 pcs 1/4 c 1/4 c 1/2 oz 1/2 oz 1/2 oz 1/2 oz	100 165 100 130 110 140 150 180 140 120 60 70	1 2.5 5 2.5 6 6 4.5 3.5 11 9 2.5 6 4.5 0.5 1.5	Na 1 0.5 2 2 1 1.5 4.5 2 0.5 1.5 0 0 0	0 0.5 0.5 0.5 1 0.5 0.5 1.5 1 0.5 0.5 0.5 0.5	4 4 4.5 4 2 <1 5 1 3 0 4 3 1 2 1	0 1 0 <1 1 2 1 1 1 1 1 0 0	0 0 265 0 0 0 0 0 0 0	10 4 6 4 4 0 8 4 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ ++ ++ ++ Na + + + + + + + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
BISCUITS											
Bisquick (box/mix)											
Complete buttermilk, mix	1/3 C	150	7	Na	5	<1	1	0	4	0	+
Complete cheese garlic, mix	1/3 C	160	7	Na	5	<1	2	0	4	0	0
Heart smart, mix	1/s c	140	2.5	1.5	0	1	3	0	20	0	+
Honey butter, mix	1/s <b>c</b>	160	6	Na	4.5	0	6	0	2	0	0
Original, mix	1/s C	160	5	Na	3	1	1	0	4	0	+
Pillsbury (refrigerated)											
Freezer to Oven, buttermilk	1	200	10	Na	6.5	<1	2	0	2	0	0
Freezer to Oven, cheddar garlic	1	190	9	Na	6	<1	3	0	2	0	0
Freezer to Oven, southern	1	180	9	Na	6.5	<1	2	0	2	0	0
Grands buttermilk	1	190	8.5	Na	6	1	4	0	2	0	0
Grands, extra rich	1	210	10	Na	7.5	<1	6	0	4	0	0
Grands, flaky layers, buttermilk	1	190	9	Na	5.5	<1	5	0	2	0	0
BLACKBERRIES, fresh	1 c	62	1	0	0	8	7	184	4	50	0
BLUEBERRIES, fresh	1 c	83	0	0	0	2	14	46	0	23	0
Cascadian Farm, frozen	1 c	70	1	0	0	4	12	43*	0	4	0
Dole, frozen	1 c	70	0	0	0	4	12	43*	0	6	0
BLUEFISH, baked	3 oz	135	5	2	1	0	0	0	0	0	++
BOK CHOY, cooked, shredded	1 c	20	0	0	0	2	1	4333	15	73	+
BOLOGNA				-	-	_					
Louis Rich, turkey bologna	1 slice	50	4	Na	1	0	0	0	4	0	0
Oscar Mayer, beef	1 slice	90	8	Na	4	0	1	0	0	0	0
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	Sugars (mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Oscar Mayer, beef light	Size 1 slice	56	(g) 4	Fats (g) Na	Fats (g) 2	(g) 0	(mg)	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Oscar Mayer, beef light Oscar Mayer, fat free	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH	Size 1 slice	56	(g) 4	Fats (g) Na	Fats (g) 2	(g) 0	(mg)	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn	1 slice 1 slice	56 20	(g) 4 0	Fats (g) Na 0	Fats (g) 2 0	(g) 0 0	(mg) 1 1	0 0	(%DV) 0 2	0 0	0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef	1 slice 1 slice 1 slice	56 20 25	(g) 4 0	Na 0	Fats (g) 2 0	0 0 0	(mg) 1 1	0 0 0	(% <b>DV</b> ) 0 2	0 0 0	0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style	1 slice 1 slice 1 slice	56 20 25 15	(g) 4 0	Na 0 0	2 0 0	0 0	(mg) 1 1 0 0	0 0 0	0 2 2	0 0 0 0	0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken	1 slice 1 slice 1 slice	56 20 25 15 15	(g) 4 0	Pats (g) Na 0 0 0 0 0	Pats (g) 2 0 0 0 0 0	0 0 0 0	(mg) 1 1 0 0 0	0 0 0 0	0 2 2 0 0	0 0 0 0	0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb	1 slice 1 slice 1 slice 1 c 1 c 1 c	56 20 25 15 15	(g) 4 0	Pats (g) Na 0 0 0 0 0 0 0	Pats (g) 2 0 0 0 0 0 0	0 0 0 0 0	(mg) 1 1 0 0 0 0	0 0 0 0 0 0 0	0 2 2 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey	1 slice 1 slice 1 slice	56 20 25 15 15	(g) 4 0	Pats (g) Na 0 0 0 0 0	Pats (g) 2 0 0 0 0 0	0 0 0 0	(mg) 1 1 0 0 0	0 0 0 0	0 2 2 0 0	0 0 0 0	0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine	1 slice 1 slice 1 slice 1 c 1 c 1 c 1 c	56 20 25 15 15 15 20	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0	(mig) 1 1 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 2 2 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef	1 slice 1 slice 1 slice 1 c 1 c 1 c 1 c 1 c	56 20 25 15 15 15 20	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1	0 0 0 0 0 0 0 0 0	2 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken	1 slice 1 slice 1 slice 1 c 1 c 1 c 1 c 1 c	56 20 25 15 15 15 20 20	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 1 0	0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0.+.+) 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	56 20 25 15 15 15 20 20 10 20	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 1 0 1	0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken	1 slice 1 slice 1 slice 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 1 0 1 0 1 0 1 0	0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	56 20 25 15 15 15 20 20 10 20	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 1 0 1	0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 1 0 1 0 1 0 1 0	0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10	(g) 4 0	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 1 0 1 0 1 0 1 0	0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains Buttermilk	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10 185	(g) 4 0 1 0 0 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 2	(mig) 1 1 0 0 0 0 0 1 0 1 1 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 2 0 0 0 0 0 0 4 2 2 4	0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 +
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	56 20 25 15 15 15 20 20 10 20 10 185	(g) 4 0 1 0 0 1 1 0 0 0 1 1 1 1 1 1 1 1 1 1	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mig) 1 1 0 0 0 0 0 1 0 1 1 4 2	0 0 0 0 0 0 0 0 0 0 0	0 2 2 0 0 0 0 0 0 4 2 2 4	0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains Buttermilk Honey wheat berry Honey whole grain	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10 185	(g) 4 0 1 0 0 1 1 0 0 1 1 1 0 0 1 1 1 5 0 5 1.5	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000 000 000 000 000 000 000 000 000 00	(mig) 1 1 1 0 0 0 0 0 1 1 0 1 4 2 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 0 0 0 0 0 0 0 4 2 2 4	0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 +
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains Buttermilk Honey wheat berry	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10 185	(g) 4 0 1 0 0 1 1 0 0 1 1 1 0 0 1 1 1 5 0.5 1.5 2.5	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mig) 1 1 1 0 0 0 0 0 1 1 0 1 4 2 3 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 2 0 0 0 0 0 0 4 2 2 4	0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains Buttermilk Honey wheat berry Honey whole grain	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10 185	(g) 4 0 1 0 0 1 1 0 0 1 1 1 0 0 1 1 1 5 0 5 1.5	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000 000 000 000 000 000 000 000 000 00	(mig) 1 1 1 0 0 0 0 0 1 1 0 1 4 2 3 4 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 0 0 0 0 0 0 0 4 2 2 4	0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Oscar Mayer, beef light Oscar Mayer, fat free BOUILLON/BROTH College Inn Beef Beef, French onion style Chicken Chicken w/lemon & herb Turkey Imagine Organic beef Organic free-range chicken Organic low-sodium vegetable Organic no chicken BRAZIL NUTS, unblanched, dried BREADS Earth Grains Buttermilk Honey wheat berry Honey whole grain Oat & nut	1 slice 1 slice 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	25 15 15 15 20 20 10 20 10 185	(g) 4 0 1 0 0 1 1 0 0 1 1 1 0 0 1 1 1 5 0.5 1.5 2.5	Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000 000 000 000 000 000 000 000 000 00	(mig) 1 1 1 0 0 0 0 0 1 1 0 1 4 2 3 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 2 0 0 0 0 0 0 4 2 2 4	0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 + + 0 +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Oroweat	Jac		(87	raco (g)	ruo (g)	167	\m <u>8</u> /	carotene (meg)	(1004)	(201)	(0,1,11)
Buttermilk, country	1 slice	100	1	0	0	<1	4	0	2	0	0
Honey fiber whole grain	1 slice	80	1	ō	0	4	3	0	15	0	+
Oatnut	1 slice	100	1.5	Na	0.5	1	3	0	0	0	0
Whole grain nut	1 slice	90	1.5	Na	0	3	3	0	4	0	0
Whole wheat	1 slice	100	1	Na	0	3	4	0	6	0	0
Pepperidge Farm											
9 Grain natural whole grain	1 slice	100	2	Na	0	3	3	0	4	0	0
German dark wheat	1 slice	100	1.5	Na	0	3	3		4		0
Honey whole wheat	1 slice	110	2	Na	0.5	3	4	0	4	0	0
Multigrain, whole grain	1 slice	120	2	Na	0	3	3	0	4	0	0
Oatmeal whole grain	1 slice	110	2	Na	0.5	3	3	0	4	0	0
Soft honey wheat	2 slices	160	2	Na	0.5	4	4	0	10	0	+
Whole grain cinnamon swirl	1 slice	100	1.5	Na	0	2	5	0	2	2	0
Whole grain white Farmhouse	1 slice	110	2	Na	0.5	3	4	0	10	0	+
Sara Lee											
100% whole wheat	1 slice	70	1	0.5	0	2	3	0	10	0	0
Delightful white	2 slices	90	1	0	0	4	1	0	6	0	0
Heart healthy multigrain	1 slice	100	0.5	0	0	2	4	0	6	0	0
Honey wheat	1 slice	90	1	0	0	1	2	0	6	0	0
BREAD CRUMBS											
Garlic & herb (Progresso)	1/4 C	110	1.5	0	1.5	1	2	0	4	0	0
Italian style (Progresso)	1/4 C	110	1.5	0	1.5	1	2	0	4	0	0
Plain (Progresso)	¼ <b>c</b>	110	1.5	0	1.5	1	2	0	4	0	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium	Vit. C	B vit.
	SILE		1467	THE LAND	rats (g)	1467		carotene (mcg)	(%DV)	(%DV)	(0,+,++)
BROCCOLI, fresh, boiled, chopped	1/2 C	27	0	0	0	3	1	920	3	54	0,+,++)
BROCCOLI, fresh, boiled, chopped Frozen, Birds Eye		27									
		27 30									
Frozen, Birds Eye	1/2 C		0	0	0	3	1	920	3	54	0
Frozen, Birds Eye Florets With cheese sauce	1/2 c 1 c	30	0	0	0	3	0	920 900*	3	54 50	0
Frozen, Birds Eye Florets	½ c 1 c ½ c	30 90	0 0 5	0 0 Na	0 0 3	3 2 1	1 0 0	920 900* 450*	3 2 6	54 50 40	0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions	1/2 C 1 C 1/2 C 1 C	30 90 30	0 0 5 0	0 0 Na 0	0 0 3 0	3 2 1 2	0 0 0	920 900* 450* Na	3 2 6 2	54 50 40 25	0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers	1/2 C 1 C 1/2 C 1 C 3/4 C	30 90 30 60	0 0 5 0	0 0 Na 0	0 0 3 0	3 2 1 2 1	1 0 0 0	920 900* 450* Na Na	3 2 6 2 2	54 50 40 25 30	0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C	30 90 30 60 30	0 5 0 1	0 Na 0 0	0 0 3 0 0	3 2 1 2 1	1 0 0 0 0	920 900* 450* Na Na Na	3 2 6 2 2 2	54 50 40 25 30 45	0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C	30 90 30 60 30	0 5 0 1	0 Na 0 0	0 0 3 0 0	3 2 1 2 1 1	1 0 0 0 0	920 900* 450* Na Na Na	3 2 6 2 2 2	54 50 40 25 30 45	0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C	30 90 30 60 30 25	0 5 0 1 0	0 Na 0 0 0	0 3 0 0 0	3 2 1 2 1 1	1 0 0 0 0 0	920 900* 450* Na Na Na Na	3 2 6 2 2 2 2	54 50 40 25 30 45 45	0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 1 C 4 O Z	30 90 30 60 30 25	0 5 0 1 0 0	0 Na 0 0 0 0	0 3 0 0 0	3 2 1 2 1 1 1	1 0 0 0 0 0 0	920 900* 450* Na Na Na Na Na	3 2 6 2 2 2 2 2	54 50 40 25 30 45 45	0 0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 1 C 2/3 C	30 90 30 60 30 25	0 5 0 1 0 0	0 Na 0 0 0 0	0 0 3 0 0 0	3 2 1 2 1 1 1 2 2	1 0 0 0 0 0 0	920 900* 450* Na Na Na Na Na	3 2 6 2 2 2 2 2 2	54 50 40 25 30 45 45 60 30	0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 1 C 2/3 C 2/3 C	30 90 30 60 30 25 40 60	0 5 0 1 0 0 1.5 2.5 2.5	0 Na 0 0 0 0 0	0 0 3 0 0 0 0	3 2 1 2 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2	1 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na Na 600* Na Na	3 2 6 2 2 2 2 2 2 4 6	54 50 40 25 30 45 45 60 30 45	0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 2/3 C 2/3 C 3/4 C	30 90 30 60 30 25 40 60 60	0 5 0 1 0 0 1.5 2.5 2.5	0 Na 0 0 0 0 0 0 0.5 0.5 0.5 Na	0 3 0 0 0 0	3 2 1 2 1 1 1 1 2 2 2 2 2 1	1 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na 600* Na Na	3 2 6 2 2 2 2 2 2 2 4 6 4	54 50 40 25 30 45 45 60 30 45 35	0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye)	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 4 OZ 2/3 C 2/3 C 3/4 C 1/2 C	30 90 30 60 30 25 40 60 60 60 28	0 5 0 1 0 0 1.5 2.5 2.5 2	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0	0 0 3 0 0 0 0 0	3 2 1 2 1 1 1 2 2 2 2 1 2	1 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na 600* Na Na Na	3 2 6 2 2 2 2 2 2 2 4 6 4 2	54 50 40 25 30 45 45 45 60 30 45 35 80	0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye)	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 2/3 C 2/3 C 2/3 C 3/4 C 1/2 C 10 pcs	30 90 30 60 30 25 40 60 60 60 28 45	0 5 0 1 0 0 1.5 2.5 2.5 2 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0	0 0 3 0 0 0 0 0	3 2 1 2 1 1 1 2 2 2 2 1 2 2 3	1 0 0 0 0 0 0 0 0 0 3 3 2 4 1 0	920 900* 450* Na Na Na Na 600* Na Na Na O	3 2 6 2 2 2 2 2 2 2 4 6 4 2 2 2	54 50 40 25 30 45 45 45 60 30 45 35 80 90	0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye)	1/2 C 1 C 1/2 C 1 C 1/4 C 1 C 1 C 2/3 C 2/3 C 2/3 C 2/4 C 1/2 C 10 pcs 1 C	30 90 30 60 30 25 40 60 60 60 28 45 40	0 5 0 1 0 0 1.5 2.5 2.5 2 0 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0 0	0 3 0 0 0 0 0	3 2 1 2 1 1 1 2 2 2 2 1 2 2 1 2 2 2 2 2	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na 600* Na Na Na O O	3 2 6 2 2 2 2 2 2 2 4 6 4 2 2 2 2 2 2 2 2	54 50 40 25 30 45 45 45 60 30 45 35 80 90 60	0 0 0 0 0 0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye) With butter sauce (Green Giant)	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 1 C 2/3 C 2/3 C 2/3 C 2/4 C 1/2 C 10 pcs 1 C 1/2 C	30 90 30 60 30 25 40 60 60 60 28 45 40 60	0 5 0 1 0 0 1.5 2.5 2.5 2 0 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 0.5 0.0 0	0 3 0 0 0 0 0 1 1 1 0.5 0 0 0	3 2 1 2 1 1 1 2 2 2 2 1 2 3 2 3	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na 600* Na Na Na 0 0	3 2 6 2 2 2 2 2 2 4 6 4 2 2 2 2 2 2 2 2 2	54 50 40 25 30 45 45 45 60 30 45 35 80 90 60 90	0 0 0 0 0 0 0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye) With butter sauce (Green Giant) BULGUR, cooked	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 1 C 2/3 C 2/3 C 2/3 C 2/4 C 1/2 C 10 pcs 1 C 1/2 C 1 C	30 90 30 60 30 25 40 60 60 60 28 45 40 60 151	0 5 0 1 0 0 1.5 2.5 2.5 2 0 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0 0	0 3 0 0 0 0 0 1 1 1 0.5 0 0 0	3 2 1 2 1 1 1 2 2 2 2 1 2 3 2 3 8	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na 600* Na Na Na 0 0 0	3 2 6 2 2 2 2 2 2 4 6 4 4 2 2 2 2 2 1	54 50 40 25 30 45 45 45 60 30 45 35 80 90 60 90 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye) With butter sauce (Green Giant) BULGUR, cooked BUTTER, regular salted	1/2 C 1 C 1/2 C 1 C 3/4 C 1 C 1 C 1 C 2/3 C 2/3 C 2/3 C 2/4 C 1/2 C 10 pcs 1 C 1/2 C 1 tbs	30 90 30 60 30 25 40 60 60 60 28 45 40 60 151	0 5 0 1 0 0 1.5 2.5 2.5 2 0 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0 0 0	0 3 0 0 0 0 0 1 1 1 0.5 0 0 0 0 0 7	3 2 1 2 1 1 1 2 2 2 2 1 2 3 2 3 8 0	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na Na Na Na O O O O 1	3 2 6 2 2 2 2 2 4 6 4 4 2 2 2 2 2 2 1 0 0 0 0 0 0 0 0 0 0 0 0 0	54 50 40 25 30 45 45 45 60 30 45 35 80 90 60 90 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye) With butter sauce (Green Giant) BULGUR, cooked BUTTER, regular salted Whipped, salted	1/2 c 1 c 1/2 c 1 c 3/4 c 1 c 1 c 1 c 2/3 c 2/3 c 2/3 c 2/4 c 1/2 c 1 c 1 tbs 1 tbs	30 90 30 60 30 25 40 60 60 60 28 45 40 60 151 100 66	0 5 0 1 0 0 1.5 2.5 2.5 2 0 0 0 1 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0 0 0	0 3 0 0 0 0 0 1 1 1 0.5 0 0 0 0 0 7 5	3 2 1 2 1 1 1 1 2 2 2 2 1 2 3 2 3 8 0 0 0	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na Na Na Na O O O O 1 22 14	3 2 6 2 2 2 2 2 4 6 4 4 2 2 2 2 2 1 0 0 0 0 0 0 0	54 50 40 25 30 45 45 45 60 30 45 35 80 90 60 90 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Frozen, Birds Eye Florets With cheese sauce With beans, peppers, onions With corn & peppers With peppers, onion, mushrooms With cauliflower & peppers Frozen, Green Giant Spears in butter With cauliflower, carrots, cheese With cheese With zesty cheese BRUSSELS SPROUTS, fresh, boiled Frozen (Birds Eye) Frozen, w/cauliflower & carrots (Birds Eye) With butter sauce (Green Giant) BULGUR, cooked BUTTER, regular salted Whipped, salted BUTTERMILK, lowfat	1/2 c 1 c 1/2 c 1 c 3/4 c 1 c 1 c 1 c 2/3 c 2/3 c 2/3 c 2/4 c 1/2 c 1 c 1 tbs 1 tbs	30 90 30 60 30 25 40 60 60 60 28 45 40 60 151 100 66	0 5 0 1 0 0 1.5 2.5 2.5 2 0 0 0 1 0	0 Na 0 0 0 0 0 0.5 0.5 0.5 Na 0 0 0	0 3 0 0 0 0 0 1 1 1 0.5 0 0 0 0 0 7 5	3 2 1 2 1 1 1 1 2 2 2 2 1 2 3 2 3 8 0 0 0	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	920 900* 450* Na Na Na Na Na Na Na O O O O 1 22 14	3 2 6 2 2 2 2 2 4 6 4 4 2 2 2 2 2 1 0 0 0 0 0 0 0	54 50 40 25 30 45 45 45 60 30 45 35 80 90 60 90 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Napa, cooked	1 c	13	0	0	0	0	0	145	2	5	0
Red, raw, chopped	1 c	28	0	0	0	2	3	596	4	84	0
Red, boiled, shredded	1 c	44	0	0	0	4	0	0	4	84	0
Savoy, raw, shredded	1 c	19	0	0	0	2	2	420	2	36	0
Savoy, boiled, shredded	1 c	35	0	0	0	4	0	0	4	41	+
CAKE, boxed mix (mix only) Betty Crocker											
Angel food confetti	1/12 mix	150	0	0	0	0	24	0	6	0	0
Angel food white	√12 mix	140	0	0	0	0	23	0	6	0	0
Brownie, fudge, chewy	1/20 mix	100	1	0	0	1	15	0	0	0	0
Brownie, fudge, low fat, prep.	1/18	130	2.5	1	1.5	1	18	0	0	0	0
Brownie, supreme, frosted	1/20 mix	150	3	Na	2	1	22	0	2	0	0
Brownie, supreme, turtle	1/20 mix	120	2.5	Na	0.5	<1	16	0	0	0	0
Complete Desserts, hot fudge cake	1/6 mix	440	13	Na	7	3	53	0	40	0	0
Gingerbread cake & cookie mix	1/8 mix	210	5	1.5	3	0	19	0	6	0	0
Pineapple upside down cake	1/6 mix	350	9	3	5.5	0	43	0	4	0	0
Pound cake	1/8 mix	240	7	1.5	4	0	26	0	4	0	0
Quick bread, banana	V <sub>12</sub> mix	130	2.5	Na	1.5	0	13	0	0	0	0
Quick bread, cinnamon streusel	V14 mix	160	4	Na	2	0	15	0	2	0	0
Quick bread, cranberry orange	V <sub>12</sub> mix	150	3	Na	1.5	<1	16	0	õ	0	0
Super Moist	712 11110	150			113						
Butter pecan	V <sub>12</sub> mix	170	3	1	2.5	0	19	0	6	0	0
Butter recipe, white	1/12	170	3	i	1.5	0	20	0	4	0	0
Carrot	V₁₂ mix	200	3	Na	2	0	2	0	10	0	0
Chocolate fudge	1/12 mix	170	3	Na	2	1	18	0	4	0	0
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Cinnamon swirl	1/12 mix	200	3.5	1	2	0	25	0	8	0	0
French vanilla	1/12 mix	170	3.5	1	2	0	18	0	6	0	0
German chocolate	1/12 mix 1/12 mix	170 170	3.5 3	Na	2	0	18	0	6 4	0	0
German chocolate Lemon	V12 mix V12 mix V12 mix	170 170 170	3.5 3 3.5	Na 1	2 2 2	0 1 0	18 18	0 0 0	6 4 4	0 0 0	0 0 0
German chocolate Lemon Party rainbow chip	V12 mix V12 mix V12 mix V10 mix	170 170 170 210	3.5 3 3.5 4	Na 1 Na	2 2 2 2.5	0 1 0 1	18 18 18	0 0 0	6 4 4 4	0 0 0	0 0 0
German chocolate Lemon Party rainbow chip Yellow	V12 mix V12 mix V12 mix	170 170 170	3.5 3 3.5	Na 1	2 2 2	0 1 0	18 18	0 0 0	6 4 4	0 0 0	0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack	V12 mix V12 mix V12 mix V10 mix	170 170 170 210	3.5 3 3.5 4	Na 1 Na	2 2 2 2.5	0 1 0 1	18 18 18	0 0 0	6 4 4 4	0 0 0	0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake	V12 mix V12 mix V12 mix V10 mix	170 170 170 210	3.5 3 3.5 4	Na 1 Na	2 2 2 2.5	0 1 0 1	18 18 18	0 0 0	6 4 4 4	0 0 0	0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack	V12 mix V12 mix V12 mix V10 mix V12 mix	170 170 170 210	3.5 3 3.5 4	Na 1 Na	2 2 2 2.5 2	0 1 0 1	18 18 18	0 0 0 0 0	6 4 4 4 6	0 0 0 0	0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack	V12 mix V12 mix V12 mix V10 mix V12 mix	170 170 170 210 170	3.5 3.5 4 3.5	Na 1 Na Na	2 2 2 2.5 2	0 1 0 1 0	18 18 18 18	0 0 0 0	6 4 4 4 6	0 0 0 0	0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack	V12 mix V12 mix V12 mix V10 mix V12 mix	170 170 170 210 170	3.5 3.5 4 3.5	Na 1 Na Na	2 2 2 2.5 2	0 1 0 1 0	18 18 18 18	0 0 0 0 0	6 4 4 4 6	0 0 0 0	0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix 1 pc 2 pcs	170 170 170 210 170 170	3.5 3.5 4 3.5 8 6	Na 1 Na Na Na Na	2 2 2 2.5 2	0 1 0 1 0 0 0 0	18 18 18 18	0 0 0 0 0 Na Na	6 4 4 4 6	0 0 0 0	0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix 1 pc 2 pcs 2 pcs	170 170 170 210 170 170 210 210	3.5 3.5 4 3.5 8 6 7	Na 1 Na Na Na Na Na	2 2 2 2.5 2 4 3 3	0 1 0 1 0	18 18 18 18 18 26 26	0 0 0 0 0 Na Na Na	6 4 4 4 6	0 0 0 0 0	0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs	170 170 170 210 170 170 210 210 180	3.5 3.5 4 3.5 8 6 7 10	Na 1 Na Na Na Na Na Na	2 2 2 2.5 2 4 3 3 7	0 1 0 1 0	18 18 18 18 18 26 26 17	O O O O O Na Na Na Na	6 4 4 6 2 2 2 2	0 0 0 0 0	0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs	170 170 170 210 170 170 210 210 210 180 190	3.5 3.5 4 3.5 8 6 7 10 4	Na 1 Na Na Na Na Na Na Na	2 2 2 2.5 2 4 3 3 7 1.5	0 1 0 1 0	18 18 18 18 18 26 26 17 25	O O O O Na Na Na Na Na	6 4 4 4 6	0 0 0 0 0	0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 1 pc	170 170 170 210 170 210 210 210 280 190	3.5 3.5 4 3.5 8 6 7 10 4 9	Na 1 Na Na Na Na Na Na Na	2 2 2 2.5 2 5 2 4 3 3 7 1.5 4.5	0 1 0 1 0 0 0 2 1 0	18 18 18 18 18 26 26 17 25 18	O O O O Na Na Na Na Na Na	6 4 4 4 6	0 0 0 0 0	0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix 1 pc 2 pcs 2 pcs	170 170 170 210 170 210 210 210 210 180 190 190 340	3.5 3.5 4 3.5 8 6 7 10 4 9	Na 1 Na Na Na Na Na Na Na Na	2 2 2 2,5 2 2 4 3 3 7 1.5 4.5 6	0 1 0 1 0 0 0 2 1 0 0	18 18 18 18 18 26 26 17 25 18 37	O O O O Na Na Na Na Na Na	6 4 4 4 6	0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled chocolate cupcakes, family pack Cream filled Koffee cake cupcakes	V <sub>12</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix V <sub>10</sub> mix V <sub>12</sub> mix V <sub>12</sub> mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 1 pc 2 pc	170 170 170 210 170 210 210 210 210 180 190 190 340 250	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10	Na 1 Na Na Na Na Na Na Na Na Na Na	2 2 2 2.5 2 2 4 3 3 7 1.5 4.5 6 4.5	0 1 0 1 0 0 0 2 1 0 0	18 18 18 18 18 26 26 17 25 18 37 27	O O O O Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled chocolate cupcakes, family pack	V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 1 pc 2 pcs 1 pc	170 170 170 210 170 210 210 210 210 180 190 190 340 250 270	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10 13	Na 1 Na Na Na Na Na Na Na Na Na Na	2 2 2 2.5 2 4 3 3 7 1.5 4.5 6 4.5 2.5	0 1 0 1 0 0 0 2 1 0 0	18 18 18 18 18 26 26 17 25 18 37 27	O O O O Na Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled chocolate cupcakes, family pack Cream filled koffee cake cupcakes Glazed Honey Bun, family pack Koffee Kake Jr, single serve	V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 1 pc 2 pcs 1 pc 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 2	170 170 170 210 170 210 210 210 180 190 340 250 270 330	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10 13 18	Na Na Na Na Na Na Na Na Na Na Na Na	2 2 2 2,5 2 4 3 3 7 1,5 4,5 6 4,5 2,5	0 1 0 1 0 0 0 2 1 0 0 1 1 0	18 18 18 18 26 26 17 25 18 37 27 22 19	O O O O Na Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 8 8	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled chocolate cupcakes, family pack Cream filled Koffee cake cupcakes Glazed Honey Bun, family pack Koffee Kake Jr, single serve Peanut butter Kandy Kake, family pack	V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 1 pc 2 pcs 1 pc	170 170 170 210 170 210 210 210 180 190 190 340 250 270 330 280	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10 13 18 10	Na Na Na Na Na Na Na Na Na Na Na Na Na	2 2 2 2,5 2 4 3 7 1,5 4,5 6 4,5 2,5 11 3,5	0 1 0 1 0 0 2 1 0 0 1 1 0	18 18 18 18 18 26 26 17 25 18 37 27 22 19 25	O O O O O Na Na Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled Koffee cake cupcakes, family pack Cream filled Koffee cake cupcakes Glazed Honey Bun, family pack Koffee Kake Jr, single serve Peanut butter Kandy Kake, family pack	V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 2 pcs	170 170 170 210 170 210 210 210 180 190 340 250 270 330 280 180	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10 13 18 10 10	Na Na Na Na Na Na Na Na Na Na Na Na Na N	2 2 2 2,5 2 4 3 7 1,5 4,5 6 4,5 2,5 11 3,5 5	0 1 0 1 0 0 0 2 1 0 0 0 1 1 0 0 1	18 18 18 18 26 26 17 25 18 37 27 22 19 25 14	O O O O O Na Na Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled chocolate cupcakes, family pack Cream filled Koffee cake cupcakes Glazed Honey Bun, family pack Koffee Kake Jr, single serve Peanut butter Kandy Kake, family pack CANDY Almond Joy (Hershey)	V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix 1 pc 2 pcs 2 pcs 2 pcs 1 pc 2 pc 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 2 pcs 4 pcs 2	170 170 170 210 170 210 210 210 180 190 340 250 270 330 280 180	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10 13 18 10 10	Na Na Na Na Na Na Na Na Na Na Na Na Na N	2 2 2 2,5 2 4 3 7 1.5 4.5 6 4.5 2.5 11 3.5 5	0 1 0 1 0 0 0 2 1 0 0 0 1 1 0 0 1 0 0 1	18 18 18 18 18 26 26 17 25 18 37 27 22 19 25 14	O O O O O Na Na Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 3 4 4 2 2 3 3 3 3	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
German chocolate Lemon Party rainbow chip Yellow  CAKE, Snack Tastykake Banana Kreamies, family pack Butterscotch Filled Krimpets, family pack Chocolate cupcakes, family pack Chocolate Kandy Kakes, family pack Chocolate Kreme filled krimpets, family pack Chocolate Kreamies, family pack Chocolate Kreamies, family pack Chocolate Junior, single serve Cream filled Koffee cake cupcakes, family pack Cream filled Koffee cake cupcakes Glazed Honey Bun, family pack Koffee Kake Jr, single serve Peanut butter Kandy Kake, family pack	V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix V₁₂ mix 1 pc 2 pcs 2 pcs 2 pcs 2 pcs 1 pc 2 pcs 2 pcs 1 pc 2 pcs 2 pcs	170 170 170 210 170 210 210 210 180 190 340 250 270 330 280 180	3.5 3.5 4 3.5 8 6 7 10 4 9 12 10 13 18 10 10	Na Na Na Na Na Na Na Na Na Na Na Na Na N	2 2 2 2,5 2 4 3 7 1,5 4,5 6 4,5 2,5 11 3,5 5	0 1 0 1 0 0 0 2 1 0 0 0 1 1 0 0 1	18 18 18 18 26 26 17 25 18 37 27 22 19 25 14	O O O O O Na Na Na Na Na Na Na Na Na	6 4 4 4 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0	000000000000000000000000000000000000000

Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
5th Avenue	2 oz	280	14	5	5	2	26	0	4	0	0
Goobers	10 pcs	51	3	1.5	1	ĩ	0	ō	i	ō	ō
Heath Toffee bar	39 g	220	13	3	7	i	23	0	3	ō	ō
Kit Kat, 4-piece bar	1	220	11	2.5	7	0	20	0	5	Ó	0
Krackel	41 g	210	10	2.5	6	1	22	0	6	ō	ō
M&Ms	1.69 oz	240	10	1.5	6	i	31	0	5	ō	0
M&M peanut	1.74 oz	250	13	5	5	2	25	0	4	0	0
Mr. Goodbar	49 g	270	16	4	7	2	23	0	5	o	o
Raisinets	10 pcs	41	2	0.5	1	ī	0	0	1	0	0
Reese's Nut Rageous	51 g	280	16	7	5	2	22	0	3	0	0
Reese's Pieces	43 g	220	11	2	7	ĩ	29	ō	3	ō	ō
Rolo	48 g	210	9	1.5	7	o	27	ō	6	ō	ō
Skor	39 g	210	12	3.5	7	1	23	ō	0	o	ō
Symphony, milk chocolate	42 g	230	13	3.5	8	i	23	ō	10	ĭ	ō
Tootsie Roll	6 pcs	155	1	1	0	ò	23	0	1	ò	0
Twizzlers, strawberry	2.5 oz	249	2	ò	0	0	28	o o	ò	ŏ	0
York peppermint patty	39 g	160	3	0	1.5	ĭ	27	0	0	ő	ő
CANTALOUPE, raw, cubed	1 c	54	0	o	0	i	13	3232	1	97	0
CARROTS	1.0	34	•		۰	•	13	3232		3,	
Raw, large 7–8.5"	1	30	0	0	0	2	3	4157	2	7	0
Cooked, no salt, slices	1/2 C	27	0	0	0	2	3	6410	2	4	0
Birds Eye, frozen, sliced	2/3 C	35	0	0	0	2	0	7800*	2	2	0
Del Monte, canned		35	0	0	0	3	5	7700*	2	6	0
Del Monte, canned Del Monte, canned, honey glazed	½ c ½ c	70	0	0	0	1	12	7700*	4	10	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
CARROT JUICE											
Odwalla	8 oz	70	0	0	0	1	13	21,900*	4	0	0
Hain w/lutein	8 oz	80	0.5	0	0	0	11	21,900*	15	20	0
CASABA MELON, raw cubes	1 c	48	0	0	0	2	10	0	1	61	0
CASHEWS, dry roast, no salt	1 oz	162	13	7.5	3	1	1	0	1	0	0
CASHEW BUTTER, Maranatha	2 tbs	190	15	9	3	2	2	0	8	0	0
CAULIFLOWER, raw	1 c	25	0	0	0	3	2	8	2	77	+
Boiled, no salt	1 c	28	0	0	0	4	2	4	0	45	0
Birds Eye, frozen, florets	4 pcs	25	0	0	0	1	0	4*	0	35	0
Birds Eye, cauliflower, carrots			-	-			-		-		-
& snow peas	1 c	30	0	0	0	2	0	Na	2	20	0
Green Giant, cauliflower & cheese sauce	1/2 C	50	2.5	0.5	1	ĩ	2	Na	4	25	ō
CELERY, raw, 7–8" stalk	1 stalk	6	0	0	o o	i	ĩ	108	i	2	ō
CEREAL, cold/dry, ready-to-eat	1 Stant					•		100		-	
Arrowhead Mills											
Amaranth flakes	1 c	140	2	0.5	0	3	4	0	2	30	0
Kamut flakes	1 c	120	1	0	0.5	2	2	0	2	20	0
Multigrain flakes	1 c	170	2	0.5	0	3	3	0	2	25	0
Organic nature Os		***	-	0.5	0.5	2	1	0	0	10	0
	1 c	130	2	0.5			-	-	-		-
Puffed corn	1 c	50	1	0.5	0	2	0	0	0	0	0
Puffed millet	1 c 1 c	50 50	1 0.5	0 Na	0	2	0	0	0	0	0
	1 c	50	1	0	0	2	0	0	0	0	0

ood	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Barbara's Bakery											
Alpen, original	2/3 C	200	3	0	0	4	11	Na	6	25	++
Brown rice crisps	1 c	120	1	0	0	1	2	Na	0	0	0
Honey Nut O's, organic	∛4 C	2	Na	0	8	2	11	Na	8	25	++
Organic Wild Puffs, caramel	∛4 C	110	1	Na	0	<1	9	Na	4	25	++
Puffins, original	∛4 C	90	1	Na	0	5	5	Na	0	10	Na
Shredded oats	1 1/4 C	220	2.5	Na	0.5	5	12	Na	2	35	+
General Mills											
Apple cinnamon Cheerios	¥4 C	120	1.5	1	0	1	13	Na	10	100	+
Cheerios	1 c	100	2	0.5	0	1	1	Na	10	10	+
Cheerios, honey nut	₹4 C	110	1.5	0.5	0	2	9	Na	10	10	+
Cheerios, multigrain	1 c	110	1	0	ō	3	6	Na	10	25	++
Basic 4	1 c	200	3	ĭ	1.5	3	14	Na	25	0	+
Cinnamon Toast Crunch	∛4 C	130	3	2	0.5	1	10	Na	10	10	+
Cocoa Puffs	10	110	1.5	0.5	1	i	12	Na	10	10	+
Corn Chex	10	120	0.5	0.5	0	i	3	Na	10	10	+
Country corn flakes	10	120	0.5	0	0	i	3	Na	25	10	+
Fiber One	1/2 C	60	1	0	0	14	0	Na	10	10	+
Golden Grahams	72 € ¥4 €	120	1	0.5	0	1	11	Na	10	10	+
Kix	174 C	110	i	0.5	0	3	3	Na	15	10	
				-	0	-	-				+
Lucky Charms	∛4 C	110	1	0	-	1	12	Na	10	10	+
Oatmeal Crisp w/almonds	1 c	240	5	2.5	0.5	4	16	Na	4	10	+
Raisin nut bran Rice Chex	1 c 1∜4 c	180 120	3 0.5	1.5 0	0.5	4	16 2	Na Na	2 10	0 10	+
ood	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size	Calories	(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Total, whole grain	₹4 C	100	1.5	0	0	3	5	Na	100	100	++
Trix	1 c	120	1.5	0	0	1	13	Na	10	10	+
Wheaties	1 c ∛4 c	120 100	1.5 0.5	0	0	3	4	Na Na	10 2	10 10	
Wheaties Kashi	∛4 C	100	0.5	0	0	3	4	Na	2	10	+++
Wheaties Kashi GoLean	¾4 C 1 C	100 140	0.5	0 Na	0	6	4	Na 6	0	10	+ ++ 0
Wheaties Kashi GoLean Good Friends	∛4 C 1 C 1 C	100 140 170	0.5 1 2	0 Na Na	0	6 2	4 10 12	Na 6 9	0	10 0 0	+ ++ 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey	¾4 C 1 C	100 140 170 110	0.5	O Na Na Na	0 0 0	3 6 2 0	4 10 12 5	Na 6 9 5	0 0 50	10 0 0 Na	+ ++ 0 0 ++
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat	∛4 C 1 C 1 C	100 140 170	0.5 1 2	0 Na Na	0	6 2	4 10 12 5 6	Na 6 9	0	10 0 0	+ ++ 0 0 ++ 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry	¾4 C 1 C 1 C ¾4 C	100 140 170 110	0.5 1 2 1.5	O Na Na Na	0 0 0	3 6 2 0	4 10 12 5	Na 6 9 5	0 0 50	10 0 0 Na	+ ++ 0 0 ++ 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat	¾4 C 1 C 1 C ¾4 C 1 C	100 140 170 110 190	0.5 1 2 1.5 1	O Na Na Na Na	0 0 0 0 0	3 6 2 0 0	4 10 12 5 6	Na 6 9 5 7	0 0 50 3	0 0 Na 0	+ ++ 0 0 ++ 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry	% C 1 c 1 c % C 1 c	100 140 170 110 190 92	0.5 1 2 1.5 1	O Na Na Na Na O	0 0 0 0	3 6 2 0 0 3	4 10 12 5 6 7	Na 6 9 5 7	0 0 50 3 0	0 0 Na 0	+ ++ 0 0 ++ 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields	% C 1 c 1 c % C 1 c 1 c 1 c	100 140 170 110 190 92 111	0.5 1 2 1.5 1 1	Na Na Na Na Na O	0 0 0 0 0 0 0 0	3 6 2 0 0 3 1	4 10 12 5 6 7 9	Na 6 9 5 7 0	0 0 50 3 0	0 0 Na 0 0	+ ++ 0 0 ++ 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning	% C 1 c 1 c % C 1 c 1 c 1 c	100 140 170 110 190 92 111	0.5 1 2 1.5 1 1	Na Na Na Na Na O	0 0 0 0 0 0 0 0	3 6 2 0 0 3 1	4 10 12 5 6 7 9	Na 6 9 5 7 0	0 0 50 3 0	0 0 Na 0 0	+ ++ 0 0 ++ 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds	% C 1 c 1 c % 4 c 1 c 1 c 1 c	100 140 170 110 190 92 111 207	0.5 1 2 1.5 1 1 0	Na Na Na Na O O	0 0 0 0 0 0 0 0	3 6 2 0 0 3 1	4 10 12 5 6 7 9	Na 6 9 5 7 0 0	0 0 50 3 0 0 2	0 0 Na 0 0 0	+ ++ 0 0 0 ++ 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks	% c	100 140 170 110 190 92 111 207 70	0.5 1 2 1.5 1 0 2	0 Na Na Na 0 0 0.5	0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7	4 10 12 5 6 7 9 3	Na 6 9 5 7 0 0	0 0 50 3 0 0 2	0 0 Na 0 0 0 0	+ ++ 0 0 0 ++ 0 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies	¥4 € 1 € 1 € 1 € 1 € 1 € 1 € 1 €	100 140 170 110 190 92 111 207 70 130 120	0.5 1 2 1.5 1 0 2	Na Na Na Na O O 0.5	0 0 0 0 0 0 0	3 6 2 0 0 3 1 7	4 10 12 5 6 7 9 3 8 6 14	Na 6 9 5 7 0 0 0	2 0 0 50 3 0 0 2 1 0 4	0 0 Na 0 0 0 0	+ ++ 0 0 0 ++ 0 0 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes	¥4 € 1 € 1 € 1 € 1 € 1 € 1 € 1 € 1 € 1 € 2 € 2 € 2 € 3 €	100 140 170 110 190 92 111 207 70	0.5 1 2 1.5 1 0 2	0 Na Na Na 0 0 0.5 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7	4 10 12 5 6 7 9 3 8 6 14 6	Na 6 9 5 7 0 0 0	2 0 0 50 3 0 0 2	0 0 Na 0 0 0 0	+ ++ 0 0 0 ++ 0 0 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Flakes	% C 1 C 34 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 24 C 34 C 34 C 1 C	100 140 170 110 190 92 111 207 70 130 120 110	0.5  1 2 1.5 1 0 2 1 0.5 1 0.5 1 0.5 1 0	0 Na Na Na 0 0 0.5 0 0	0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1	4 10 12 5 6 7 9 3 8 6 14 6 2	Na 6 9 5 7 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0	0 0 Na 0 0 0 0 0 0 25 25 100 10	+ ++ 0 0 0 0 0 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Flakes Corn Pops	%4 C 1 C 34 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 2 C 2 C 2 C 2 C 2 C 3	100 140 170 110 190 92 111 207 70 130 120 110 100	0.5  1 2 1.5 1 0 2 1.0.5 1 0.5 1 0.5 0 0	0 Na Na Na 0 0 0.5 0 0	0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1 <1	4 10 12 5 6 7 9 3 8 6 14 6 2 14	Na 6 9 5 7 0 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0 0	0 0 0 Na 0 0 0 0 0 0 25 25 100 10	+ ++ 0 0 0 0 0 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Flakes Corn Pops Cracklin' Oat Bran	74 C 1 C 1 C 74 C 1	100 140 170 110 190 92 111 207 70 130 120 110 100 117 220	0.5  1 2 1.5 1 0 2 1 0.5 1 0 7	0 Na Na Na 0 0 0.5 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1 <1 6	4 10 12 5 6 7 9 3 8 6 14 6 2 14 15	Na 6 9 5 7 0 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0 0 0 2	0 0 Na 0 0 0 0 0 0 25 25 100 10 10 25	+ ++ 0 0 0 0 0 0 0 0
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Pops Cracklin' Oat Bran Froot Loops	74 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 2 4 C 2 4 C 1 C 4 C 1 C 4 C 1 C 4 C 1	100 140 170 110 190 92 111 207 70 130 120 110 100 117 220 120	0.5  1 2 1.5 1 0 2 1 0.5 1 0 7 1	0 Na Na Na 0 0 0.5 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1 <1 6	4 10 12 5 6 7 9 3 8 6 14 6 2 14 15 15	Na 6 9 5 7 0 0 0 0 0 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0 0 0 2	0 0 Na 0 0 0 0 0 0 25 25 100 10 10 25 25 25	+ + 0 0 0 0 0 0 0 0 ++ + + + + + + + +
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Pops Cracklin' Oat Bran Froot Loops Frosted Flakes	74 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 74 C 74 C 74 C 1 C 74 C 74 C 1 C 74 C	100 140 170 110 190 92 111 207 70 130 120 110 100 117 220 120 120	0.5  1 2 1.5 1 0 2 1 0.5 1 0 7 1 0 0	0 Na Na Na 0 0 0.5 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1 <1 6 1	4 10 12 5 6 7 9 3 8 6 14 6 2 14 15 15	Na 6 9 5 7 0 0 0 0 0 0 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0 0 0 2	0 0 Na 0 0 0 0 0 0 0 10 10 10 25 25 10 10 10 25 10 10 10 10 25 10 10 10 10 10 10 10 10 10 10 10 10 10	+ + 0 0 0 0 0 0 0 0 ++ + + + + + + + +
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Flakes Corn Pops Cracklin' Oat Bran Froot Loops Frosted Flakes Frosted Mini Wheats, bite-size	%4 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1	100 140 170 110 190 92 111 207 70 130 120 110 100 117 220 120 120 120 120	0.5  1 2 1.5 1 0 2 1 0.5 1 0 7 1 0 1	0 Na Na Na 0 0 0.5 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1 <1 6 1 1 6	4 10 12 5 6 7 9 3 8 6 14 6 2 14 15 15 12 12	Na 6 9 5 7 0 0 0 0 0 0 0 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0 0 0 2 0	0 0 Na 0 0 0 0 0 0 0 0 0 10 10 10 25 25 10 0 0	+ + 0 0 0 0 0 0 0 0 ++ + + + + + + + +
Wheaties Kashi GoLean Good Friends Heart to Heart, honey Organic Promise, Autumn Wheat Organic Promise, Cranberry Organic Promise, Strawberry Fields Seven in the Morning Kelloggs All-Bran Buds Apple Jacks Cocoa Krispies Complete Oat Bran Flakes Corn Pops Cracklin' Oat Bran Froot Loops Frosted Flakes	74 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 74 C 74 C 74 C 1 C 74 C 74 C 1 C 74 C	100 140 170 110 190 92 111 207 70 130 120 110 100 117 220 120 120	0.5  1 2 1.5 1 0 2 1 0.5 1 0 7 1 0 0	0 Na Na Na 0 0 0.5 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 6 2 0 0 3 1 7 3 1 1 4 1 <1 6 1	4 10 12 5 6 7 9 3 8 6 14 6 2 14 15 15	Na 6 9 5 7 0 0 0 0 0 0 0 0 0	2 0 0 50 3 0 0 2 1 0 4 0 0 0 2	0 0 Na 0 0 0 0 0 0 0 10 10 10 25 25 10 10 10 25 10 10 10 10 25 10 10 10 10 10 10 10 10 10 10 10 10 10	+ ++ + + + + + + + + + + + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Product 19	1 c	100	0	0	0	1	4	20	0	100	++
Raisin Bran	1 c	190	1.5	0.5	0	7	20	0	2	0	0
Rice Krispies	1⅓ c	120	0	0	0	0	4	0	0	10	+
Rice Krispies Treat Cereal	¥4 C	120	1.5	0.5	0	0	9	0	0	10	+
Smart Start Antioxidants	1 c	190	0.5	0	0	3	14	0	1	25	++
Special K	1 c	110	0	0	0	1	4	0	0	34	++
Malt-O-Meal											
Coco Roos	¥4 C	120	1.5	0	0	<1	15	0	10	10	+
Colossal Crunch	¥4 C	120	1.5	0	0	0	13	0	0	0	+
Crispy Rice	1 ⅓ c	130	0	0	0	0	3	0	0	25	+
Frosted Flakes	¥4 C	120	0	0	0	1	12	0	0	25	++
Frosted Mini Spooners	1 c	190	1	0	0	6	11	0	0	0	++
Marshmallow Mateys	1 c	120	1	0	0	1	13	0	10	10	+
Raisin Bran	1 c	220	1	0	0	7	21	0	2	10	+
Tootie Fruities	1 c	130	1	0	0	1	15	0	10	25	+
Post						-					
Alpha Bits, no sugar	1 oz	110	2	Na	0	3	0	0	10	10	Na
Banana Nut Crunch	2 oz	240	6	Na	1	4	12	0	2	0	+
Bran Flakes	1 oz	100	0.5	Na	0	5	5	0	0	0	+
Cocoa Pebbles	1 oz	110	1.5	Na	1	3	9	0	0	ő	+
Fruit & Bran	2 oz	200	3	Na	ò	6	15	0	2	ő	+
Golden Crisp	1 oz	110	0	Na	0	1	14	0	0	ő	+
Grape Nuts	2 oz	200	1	Na	0	6	5	0	2	0	+
Grape Nuts Flakes	1 oz	110	i	Na	0	3	4	0	0	0	+
Food	Portion	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C	B vit.
	Size		(2)		rats (g)				(70DF)	(YOU'V)	(0,+,++)
Honey Bunches of Oats, honey roasted		120	(g) 1.5	-				1 01		(% <b>DV</b> )	+
Honey Bunches of Oats, honey roasted Honey Bunches of Oats, Strawberry	1 oz	120 120	1.5	Na	0	2	6	0	0	0	+
Honey Bunches of Oats, Strawberry	1 oz 1 oz	120	1.5 2	Na Na	0	2	6 8	0	0	0 6	++
Honey Bunches of Oats, Strawberry Honey Comb	1 oz		1.5	Na	0	2	6	0	0	0	+
Honey Bunches of Oats, Strawberry Honey Comb <i>Quaker</i>	1 oz 1 oz 1 oz	120 120	1.5 2 1	Na Na Na	0 0 0	2 2 3	6 8 10	0 0 0	0 0 0	0 6 0	++++++
Honey Bunches of Oats, Strawberry Honey Comb <i>Quaker</i> Life, cinnamon	1 oz 1 oz 1 oz ¥4 c	120 120	1.5 2 1	Na Na Na Na	0 0 0	2 2 3	6 8 10 8	0 0 0	0 0 0	0 6 0	+ + + + + + + + + + + + + + + + + + + +
Honey Bunches of Oats, Strawberry Honey Comb <i>Quaker</i> Life, cinnamon Life, honey graham	1 oz 1 oz 1 oz ∜4 c ∜4 c	120 120 120 120	1.5 2 1 1.5 1.5	Na Na Na 0.5 0.5	0 0 0	2 2 3 2 2	6 8 10 8 7	0 0 0	0 0 0	0 6 0	+ + + + + + + + + + + + + + + + + + + +
Honey Bunches of Oats, Strawberry Honey Comb <i>Quaker</i> Life, cinnamon Life, honey graham Life, original	1 oz 1 oz 1 oz 1 oz ¾4 c ¾4 c ¾4 c	120 120 120 120 120	1.5 2 1 1.5 1.5 1.5	Na Na Na 0.5 0.5	0 0 0 0	2 2 3 2 2 2	6 8 10 8 7 6	0 0 0 0	0 0 0 10 10	0 6 0 0	+ + + + + + + + + + + + + + + + + + + +
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran	1 oz 1 oz 1 oz ∜4 c ∜4 c	120 120 120 120	1.5 2 1 1.5 1.5	Na Na Na 0.5 0.5	0 0 0	2 2 3 2 2	6 8 10 8 7	0 0 0	0 0 0	0 6 0	+ + + + + + + + + + + + + + + + + + + +
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot	1 oz 1 oz 1 oz 1 oz ¾4 c ¾4 c ¾4 c	120 120 120 120 120	1.5 2 1 1.5 1.5 1.5	Na Na Na 0.5 0.5	0 0 0 0	2 2 3 2 2 2	6 8 10 8 7 6	0 0 0 0	0 0 0 10 10	0 6 0 0	+ + + + + + + + + + + + + + + + + + + +
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills	1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c	120 120 120 120 120 120	1.5 2 1 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5	0 0 0 0 0	2 2 3 2 2 2 2 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6	0 0 0 10 10 11 2	0 6 0 0 0 0	+ + + + ++ ++ 0
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills 4 Grains plus Flax	1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 34 c	120 120 120 120 120 120 120	1.5 2 1 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5 0.5	0 0 0 0 0	2 2 3 2 2 2 2 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2	0 6 0 0 0 0	+ + + + ++ ++ 0
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush	1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 34 c	120 120 120 120 120 120 120	1.5 2 1 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5 0.5	0 0 0 0 0 0	2 2 3 2 2 2 2 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2	0 6 0 0 0 0	+ + + + ++ ++ 0
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes	1 oz 1 oz 1 oz 3/4 c 3/4 c 3/4 c 3/4 c 1/4 c 1/5 c	120 120 120 120 120 120 120 140 150 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0	2 2 3 2 2 2 2 2 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2	0 6 0 0 0 0 0	+ + + + ++ ++ 0
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine	1 oz 1 oz 1 oz 3/4 c 3/4 c 3/4 c 1/4 c 1/4 c 1/5 c 1/4 c	120 120 120 120 120 120 120 140 150 130 150	1.5 2 1 1.5 1.5 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 9 2 4 2	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2	0 6 0 0 0 0 0	+ + + + + + + 0
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits	1 oz 1 oz 1 oz 3/4 c 3/4 c 3/4 c 3/4 c 1/4 c 1/5 c	120 120 120 120 120 120 120 140 150 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0	2 2 3 2 2 2 2 2 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2	0 6 0 0 0 0 0	+ + + + ++ ++ 0
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits Cream of Wheat	1 oz 1 oz 1 oz 34 c 34 c 34 c 44 c 14 c 14 c 14 c 14 c 14 c 14 c 1	120 120 120 120 120 120 120 140 150 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 1.5	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 9 2 4 2	6 8 10 8 7 6 5	0 0 0 0 0 6 0	0 0 0 10 10 11 2 2 15 2 0	0 0 0 0 0 0	+ + + + + + 0 0
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits  Cream of Wheat Apple & cinnamon instant	1 oz 1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 14 c 1/4 c 1/5 c 1/4 c 1/4 c	120 120 120 120 120 120 120 140 150 130 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 1.0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2 2 15 2 0 0	0 6 0 0 0 0 0	+ + + + ++ ++ 0 0 0 0 + +
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits  Cream of Wheat Apple & cinnamon instant Cinnamon swirl	1 oz 1 oz 1 oz 1 oz ¾4 c ¾4 c ¾4 c ¼4 c ¼4 c ¼4 c ¼4 c ¼4 c ¼4 c ¼4 c ¼	120 120 120 120 120 120 120 140 150 130 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 1.0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 3	6 8 10 8 7 6 5 0 0 <1 0	0 0 0 0 0 0 6 0 0	0 0 0 10 10 11 2 15 2 0 0	0 6 0 0 0 0 0	+ + + + ++ ++ 0 0 0 0 + + +
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits  Cream of Wheat Apple & cinnamon instant Cinnamon swirl Maple brown sugar	1 oz 1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 14 c 1/4 c 1/5 c 1/4 c 1/4 c	120 120 120 120 120 120 120 140 150 130 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 1.0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 3	6 8 10 8 7 6 5	0 0 0 0 0 0 6 0	0 0 0 10 10 11 2 2 15 2 0 0	0 6 0 0 0 0 0	+ + + + ++ ++ 0 0 0 0 + +
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits  Cream of Wheat Apple & cinnamon instant Cinnamon swirl Maple brown sugar  Quaker	1 oz 1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 14 c 1/4 c 1/5 c 1/4 c 1/4 c 1/4 c 1/5 c 1/4 c 1/4 c	120 120 120 120 120 120 120 140 150 130 150 130 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 0 0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 9 2 4 2 1	6 8 10 8 7 6 5 0 0 <1 0 0	0 0 0 0 0 0 6 0 0 0 0	0 0 0 10 10 11 2 15 2 0 0	0 6 0 0 0 0 0	+ + + + ++ ++ 0 0 0 0 + + +
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits Cream of Wheat Apple & cinnamon instant Cinnamon swirl Maple brown sugar Quaker Instant, apples & cinnamon	1 oz 1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 34 c 34 c 34 c 34 c	120 120 120 120 120 120 120 140 150 130 150 130 130 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 0 0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 9 2 4 2 1 1	6 8 10 8 7 6 5 0 0 <1 0 0	0 0 0 0 0 0 6 0 0 0 0	0 0 0 10 10 11 2 2 15 2 0 0	0 6 0 0 0 0 0	+ + + + ++ ++ 0 0 0 0 + + +
Honey Bunches of Oats, Strawberry Honey Comb  Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran  CEREALS, hot  Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits  Cream of Wheat Apple & cinnamon instant Cinnamon swirl Maple brown sugar  Quaker Instant, apples & cinnamon Instant, maple & brown sugar	1 oz 1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 14 c 1/4 c 1/5 c 1/4 c 1/4 c 1/4 c 1/5 c 1/4 c 1/4 c	120 120 120 120 120 120 120 140 150 130 150 130 130 120	1.5 2 1 1.5 1.5 1.5 1.5 1.5 0 0 0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0.5 0 0	2 2 3 2 2 2 2 3 9 2 4 2 1 1 1 1	6 8 10 8 7 6 5 0 0 <1 0 0 16 14 13	0 0 0 0 0 0 6 0 0 0 0 0	0 0 0 10 10 11 2 2 15 2 0 0 20 20 20	0 6 0 0 0 0 0 0	+ + + + + + + 0 0 0 0 + + 0
Honey Bunches of Oats, Strawberry Honey Comb Quaker Life, cinnamon Life, honey graham Life, original Mothers Toasted Oat Bran CEREALS, hot Arrowhead Mills 4 Grains plus Flax Bear Mush Oat Flakes Rice and Shine Yellow corn grits Cream of Wheat Apple & cinnamon instant Cinnamon swirl Maple brown sugar Quaker Instant, apples & cinnamon	1 oz 1 oz 1 oz 1 oz 34 c 34 c 34 c 34 c 34 c 34 c 34 c 34 c	120 120 120 120 120 120 120 140 150 130 150 130 130 130	1.5 2 1 1.5 1.5 1.5 1.5 1.5 0 0	Na Na Na 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 3 2 2 2 2 3 9 2 4 2 1 1	6 8 10 8 7 6 5 0 0 <1 0 0	0 0 0 0 0 0 6 0 0 0 0	0 0 0 10 10 11 2 2 15 2 0 0	0 6 0 0 0 0 0	+ + + + + + + 0 0 0 0 + + + 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Oatmeal, Express baked apple	1 c	200	2.5	Na	0.5	4	19	0	10	10	+
Oatmeal, Express cinnamon roll	1 c	210	3.5	Na	0.5	4	17	0	10	0	+
Quick Oats, dry	1/2 C	150	3	1	0.5	4	1	0	0	0	0
CEREAL BARS											
Barbara's Bakery											
Fruit & yogurt bars, apple cinnamon	1	150	3	Na	0	1	15	0	25	10	+
Fruit & yogurt bars, blueberry apple	1	150	3	Na	0	1	15	0	25	10	+
Fruit & yogurt bars, cherry apple	1	150	3	Na	0	1	15	0	25	10	+
Granola, oats & honey	1	80	2	Na	0	<1	6	0	2	<2	0
Granola, peanut butter	1	80	3	Na	0	<1	14	0	0	0	Na
Puffins, Cereal & milk, blueberry	1	130	1.5	Na	1	3	8	0	30	30	+
Puffins, Cereal & milk, French toast	1	130	1.5	Na	1	3	7	0	30	30	+
Puffins, Cereal & milk, peanut											
butter, choc	1	140	3.5	Na	2	3	7	0	30	30	+
Cascadian Farm											
Granola, chocolate chip	1	140	3	Na	1	1	10	0	0	0	0
Granola, fruit & nut	1	140	4	Na	1	1	11	0	0	0	0
Granola, harvest berries	1	130	2	Na	0	1	13	0	0	0	0
Granola, multigrain	1	130	2	Na	0	1	9	0	0	0	0
Kelloggs											
Nutri-Grain, apple cinnamon	1	140	3	Na	0.5	1	13	0	20	0	+
Nutri-Grain, cherry	1	140	3	Na	0.5	<1	14	0	20	0	+
Nutri-Grain, fruit & nut, cranberry, raisin	1	120	3.5	Na	1	3	11	0	0	0	+
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Nature Valley											
Apple Crisp	2 bars	180	6	Na	0.5	2	11	0	0	0	
Maple brown sugar				ING					U	v	+
	2 bars	180	6	Na	0.5	2	11	0	0	0	+
Oats & honey	2 bars 2 bars	180 180	6		0.5	2	11 11	0			
Oats & honey CHEESE			-	Na				-	0	0	+
			-	Na				-	0	0	+
CHEESE	2 bars	180	6	Na Na	0.5	2	11	0	0	0	+
CHEESE American, 2% milk, singles (Kraft)	2 bars 1 slice	180	6	Na Na Na	0.5	0	11	0	0 0	0	++
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft)	2 bars 1 slice 1 slice	180 45 60	6 3 4.5	Na Na Na Na	0.5 1.5 2.5	2 0 0	1 1	0 14* 17*	0 0 20 20	0 0 0	+ + 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft)	2 bars 1 slice 1 slice 1 slice	180 45 60 80	6 3 4.5 7	Na Na Na Na 2	0.5 1.5 2.5 4	0 0 0	11 1 1 0	0 14* 17* 17*	0 0 20 20 25	0 0 0 0	+ + 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes)	2 bars 1 slice 1 slice 1 slice 1 oz	180 45 60 80 110	6 3 4.5 7 9	Na Na Na Na 2 NA	0.5 1.5 2.5 4 6	0 0 0 0	11 1 1 0 1	0 14* 17* 17* 17*	0 0 20 20 25 15	0 0 0 0 0	+ + 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento)	2 bars 1 slice 1 slice 1 slice 1 oz 1 slice	180 45 60 80 110 70	6 3 4.5 7 9 6	Na Na Na Na 2 NA Na	0.5 1.5 2.5 4 6 3.5	0 0 0 0	11 1 0 1 0	0 14* 17* 17* 17*	0 0 20 20 25 15	0 0 0 0 0	+ + 0 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento) Camembert	2 bars  1 slice 1 slice 1 slice 1 slice 1 oz 1 slice 1 oz	45 60 80 110 70 85	6 3 4.5 7 9 6 7	Na Na Na Na 2 NA Na 2	0.5 1.5 2.5 4 6 3.5 4	0 0 0 0 0	11 1 0 1 0 0	0 14* 17* 17* 17* 17*	0 0 20 20 25 15 15	0 0 0 0 0	+ + 0 0 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento) Camembert Cheddar, mild (Organic Valley)	2 bars  1 slice 1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 1 oz	45 60 80 110 70 85	6 3 4.5 7 9 6 7	Na Na Na Na 2 NA Na 2 2.5	0.5 1.5 2.5 4 6 3.5 4 6	0 0 0 0 0 0	11 1 0 1 0 0 0	0 14* 17* 17* 17* 17* 3 23*	0 0 20 20 25 15 15 10 20	0 0 0 0 0 0	+ + 0 0 0 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento) Camembert Cheddar, mild (Organic Valley) Cheddar, sharp (Organic Valley)	2 bars  1 slice 1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 1 oz 1 oz	180 45 60 80 110 70 85 110 110	6 3 4.5 7 9 6 7 9	Na Na Na 2 NA Na 2 2.5 2.5	0.5 1.5 2.5 4 6 3.5 4 6	0 0 0 0 0 0 0	11 1 0 1 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23*	0 0 20 20 25 15 15 10 20 20	0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento) Camembert Cheddar, mild (Organic Valley) Cheddar, sharp (Organic Valley) Cheddar, sharp deli style sliced (Sargento)	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 1 oz 1 oz 1 oz 1 oz 1 slice	180 45 60 80 110 70 85 110 110 80	6 3 4.5 7 9 6 7 9	Na Na Na 2 NA Na 2 2.5 2.5 2.5	0.5 1.5 2.5 4 6 3.5 4 6 6 4	0 0 0 0 0 0 0	11 1 1 0 1 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23*	0 0 20 20 25 15 10 20 20 21 5	0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento) Camembert Cheddar, mild (Organic Valley) Cheddar, sharp (Organic Valley) Cheddar, sharp deli style sliced (Sargento) Colby (Organic Valley)	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz	180 45 60 80 110 70 85 110 110 80	6 3 4.5 7 9 6 7 9 6 9	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na	0.5 1.5 2.5 4 6 3.5 4 6 6 4 6	0 0 0 0 0 0 0 0	11 1 0 1 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 23*	0 0 20 25 15 15 10 20 20 15 20	0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0
CHEESE American, 2% milk, singles (Kraft) American, singles (Kraft) American, Deli Deluxe (Kraft) American (Land-O-Lakes) American, burger deli style (Sargento) Camembert Cheddar, mild (Organic Valley) Cheddar, sharp (Organic Valley) Cheddar, sharp deli style sliced (Sargento) Colby (Organic Valley) Colby, deli style sliced (Sargento)	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz	180 45 60 80 110 70 85 110 110 80	6 3 4.5 7 9 6 7 9 6 9	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na	0.5 1.5 2.5 4 6 3.5 4 6 6 4 6	0 0 0 0 0 0 0 0	11 1 0 1 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 23*	0 0 20 25 15 15 10 20 20 15 20	0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0
CHEESE  American, 2% milk, singles (Kraft)  American, singles (Kraft)  American, Deli Deluxe (Kraft)  American (Land-O-Lakes)  American, burger deli style (Sargento)  Camembert  Cheddar, mild (Organic Valley)  Cheddar, sharp (Organic Valley)  Cheddar, sharp deli style sliced (Sargento)  Colby (Organic Valley)  Colby (Beli style sliced (Sargento)  Cottage Cheese  Breakstone, small curd, fat free	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 1 oz 1 oz 1 oz 1 oz 1 slice 1 oz 1 slice	180 45 60 80 110 70 85 110 110 80 110 80	3 4.5 7 9 6 7 9 6 9	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na Na	0.5 1.5 2.5 4 6 3.5 4 6 6 4 6	0 0 0 0 0 0 0 0	11 1 1 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 12* 12*	0 0 20 25 15 10 20 20 15 20	0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0 0
CHEESE  American, 2% milk, singles (Kraft)  American, singles (Kraft)  American, Deli Deluxe (Kraft)  American (Land-O-Lakes)  American, burger deli style (Sargento)  Camembert  Cheddar, mild (Organic Valley)  Cheddar, sharp (Organic Valley)  Cheddar, sharp deli style sliced (Sargento)  Colby (Organic Valley)  Colby, deli style sliced (Sargento)  Cottage Cheese	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz	45 60 80 110 70 85 110 80 110 80	3 4.5 7 9 6 7 9 9 6	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na Na O	0.5 1.5 2.5 4 6 3.5 4 6 6 4 6 4	2 0 0 0 0 0 0 0 0 0	11 1 1 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 23* 12* 12*	0 0 20 25 15 15 10 20 20 15 20 15	0 0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0 0 0
CHEESE  American, 2% milk, singles (Kraft)  American, singles (Kraft)  American, Deli Deluxe (Kraft)  American (Land-O-Lakes)  American, burger deli style (Sargento)  Camembert  Cheddar, mild (Organic Valley)  Cheddar, sharp (Organic Valley)  Cheddar, sharp deli style sliced (Sargento)  Colby (Organic Valley)  Colby (Organic Valley)  Colby, deli style sliced (Sargento)  Cottage Cheese  Breakstone, small curd, fat free  Breakstone, large curd, 2%  Breakstone, small curd, 4%	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 4 oz 4 oz	180 45 60 80 110 70 85 110 80 110 80 80 90	6 3 4.5 7 9 6 7 9 6 9 7	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na Na 0 0.5	0.5 1.5 2.5 4 6 3.5 4 6 4 6 4 0 1.5	2 0 0 0 0 0 0 0 0 0	11 1 1 0 1 0 0 0 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 12* 12* 12*	0 0 20 25 15 15 10 20 20 15 20 15	0 0 0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0 0
CHEESE  American, 2% milk, singles (Kraft)  American, singles (Kraft)  American, Deli Deluxe (Kraft)  American (Land-O-Lakes)  American, burger deli style (Sargento)  Camembert  Cheddar, mild (Organic Valley)  Cheddar, sharp (Organic Valley)  Cheddar, sharp deli style sliced (Sargento)  Colby (Organic Valley)  Colby (Organic Valley)  Colby, deli style sliced (Sargento)  Cottage Cheese  Breakstone, small curd, fat free  Breakstone, large curd, 2%	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 4 oz 4 oz 4 oz	45 60 80 110 70 85 110 80 110 80 90 120	3 4.5 7 9 6 7 9 6 7 0 2.5 5	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na Na 0 0.5 Na	0.5 1.5 2.5 4 6 3.5 4 6 4 6 4 0 1.5 1.5	2 0 0 0 0 0 0 0 0 0 0	11 1 1 0 1 0 0 0 0 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 12* 12* 5* 5*	0 0 20 25 15 15 10 20 20 15 20 15 15	0 0 0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0 0 0
CHEESE  American, 2% milk, singles (Kraft)  American, singles (Kraft)  American, Deli Deluxe (Kraft)  American (Land-O-Lakes)  American, burger deli style (Sargento)  Camembert  Cheddar, mild (Organic Valley)  Cheddar, sharp (Organic Valley)  Cheddar, sharp deli style sliced (Sargento)  Colby (Organic Valley)  Colby, deli style sliced (Sargento)  Cottage Cheese  Breakstone, small curd, fat free  Breakstone, large curd, 2%  Breakstone, small curd, 4%  Breakstone, Cottage Doubles, apples & cinn.	2 bars  1 slice 1 slice 1 slice 1 oz 1 slice 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 4 oz 4 oz 5.5 oz	180 45 60 80 110 70 85 110 80 110 80 90 120 140	3 4.5 7 9 6 7 9 6 9 7 0 2.5 5	Na Na Na 2 NA Na 2 2.5 2.5 2.5 Na Na 0 0.5 Na Na	0.5 1.5 2.5 4 6 3.5 4 6 4 6 4 0 1.5 1.5	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	11 1 1 0 1 0 0 0 0 0 0 0 0 0 0 0	0 14* 17* 17* 17* 17* 3 23* 23* 23* 12* 12* 12*	0 0 20 25 15 15 10 20 20 15 20 15 15 15	0 0 0 0 0 0 0 0 0 0	+ + 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Knudsen, Cottage Doubles, apples & cinn.	1 cont	140	2	Na	1.5	0	15	Na	15	0	0
Knudsen, Cottage Doubles, pineapple	1 cont	130	2.5	Na	1.5	0	14	Na	8	0	0
Organic Valley, small curd	1/2 C	100	2	Na	1.5	0	<1	0	6	0	0
Cream Cheese (Philadelphia brand)											
Blueberry	1.2 oz	90	7	Na	4.5	0	5	0	2	0	0
Fat-free	1 oz	30	0	0	0	0	1	0	15	0	0
Garden vegetable	1.2 oz	90	8	Na	5	0	2	0	2	0	0
Original	1 oz	100	10	3	6	0	1	24*	0	0	0
Peaches 'n' cream	1.2 oz	90	7	Na	5	0	4	0	2	0	0
Salmon	1.2 oz	80	8	Na	4.5	0	1	0	2	0	0
Whipped	¾4 OZ	60	6	Na	3.5	0	1	0	0	0	0
Whipped, chives	∛4 OZ	60	6	Na	3.5	0	1	0	0	0	0
Whipped, mixed berry	3/4 OZ	60	6	Na	3.5	0	3	0	0	0	0
Edam (generic)	1 oz	99	8	2	5	0	0	3	20	0	0
Feta crumbles (Organic Valley)	1 oz	60	4	Na	2.5	0	0	0	10	0	0
Gorgonzola crumbles (Athenos)	3 tbs	110	9	Na	6	1	0	Na	15	0	0
Gouda (generic)	1 oz	99	8	2	5	0	1	3	19	0	0
Monterey Jack (generic)	1 oz	104	8	2.5	5	0	0	21	20	0	0
Monterey Jack, reduced fat, shredded											
(Organic Valley)	¼ c	80	5	Na	3.5	0	0	0	20	0	0
Mozzarella, singles 2% (Kraft)	1 slice	50	2.5	Na	1.5	ō	2	Na	20	ō	0
Mozzarella, string part skim (Organic Valley)	1 oz	81	5	Na	3	0	0	11*	20	0	0
Mozzarella, part skim shredded		•	-		-				2.0		
(Organic Valley)	V4 €	60	5	Na	3	0	0	0	20	0	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Marranella fot from abroaded (Polls, O)		40	0	0		1		11*		0	
Mozzarella, fat free, shredded (Polly-O)	l oz				0	-	1		15	-	0
Mozzarella, part skim (Polly-O)	1 oz	70	5	Na	3	0	1	11*	10	0	0
Muenster (Organic Valley)	1 oz	100	8	Na	5	0	0	0	20	0	0
Parmesan, shredded (Organic Valley)	V4 C	110	7	Na	4	0	0	0 1*	35	0	0
Parmesan, grated (Polly-O)	5 g	20	1.5	Na	1	0	0		6	0	0
Provolone (Organic Valley)	1 oz	100	8	Na	5	0	0	0	20	0	0
Ricotta, part skim (Polly-O)	¼ C	90	6	Na	4	0	2	5*	25	0	0
Swiss, singles 2% (Kraft)	1 slice	50	2.5	Na	1.5	0	1	19*	25	0	0
Swiss, deli style (Sargento)	1 slice	110	8	Na	4.5	0	0	19*	30	0	0
CHEESE SUBSTITUTES											
Better Than Cream Cheese, plain (Tofutti)	2 tbs	80	8	Na	2	0	0	0	Na	Na	Na
Soy American (Tofutti)				Na	2	0	0	0	Na	Na	Na
	1 slice	70	5		2	-	-	-			
Soy cheddar, Veggie shreds (Galaxy)	1 oz	70	4	2.5	0	0	0	0	30	4	+
Soy mozzarella, slices (Tofutti)	1 oz 1 slice	70 70	4	2.5 Na	0	0	0	0	30 Na	4 Na	Na
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated	1 oz	70	4	2.5	0	0	0	0	30	4	
Soy mozzarella, slices (Tofutti)	1 oz 1 slice	70 70	4	2.5 Na	0	0	0	0	30 Na	4 Na	Na
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS Kraft, Cheese Whiz, light	1 oz 1 slice	70 70 15	4	2.5 Na 0	0 3 0	0 0 0	0 0 0	0 0 0	30 Na 6	4 Na 0	Na 0
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS	1 oz 1 slice 2 tsp	70 70 15	4 5 0.5	2.5 Na 0	0 3 0	0	0 0	0 0	30 Na 6	4 Na 0	Na 0
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS Kraft, Cheese Whiz, light	1 oz 1 slice 2 tsp 2 tbs	70 70 15	4 5 0.5	2.5 Na 0	0 3 0	0 0 0	0 0 0	0 0 0	30 Na 6	4 Na 0	Na 0
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS Kraft, Cheese Whiz, light Kraft, Cheese Whiz, original	1 oz 1 slice 2 tsp 2 tbs 2 tbs	70 70 15 80 90	4 5 0.5 3.5 6	2.5 Na 0 0	0 3 0 2 4.5	0 0 0	0 0 0 4 3	0 0 0	30 Na 6 15	4 Na 0 0	Na 0 0 0
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS Kraft, Cheese Whiz, light Kraft, Cheese Whiz, original Kraft, pimento & olive spread	1 oz 1 slice 2 tsp 2 tbs 2 tbs 2 tbs	70 70 15 80 90 70	4 5 0.5 3.5 6 6	2.5 Na 0 0 0	0 3 0 2 4.5 4	0 0 0 0 0 0	0 0 0 4 3 2	0 0 0 0 0 0	30 Na 6 15 10 0	4 Na 0 0 0	Na 0 0 0 0
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS Kraft, Cheese Whiz, light Kraft, Cheese Whiz, original Kraft, pimento & olive spread Kraft, roca blue	1 oz 1 slice 2 tsp 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	70 70 15 80 90 70 80	4 5 0.5 3.5 6 6 7	2.5 Na 0 0 0 0	0 3 0 2 4.5 4 4.5	0 0 0 0 0 0 0	0 0 0 4 3 2	0 0 0 0 0 0 0 0	30 Na 6 15 10 0	4 Na 0 0 0 0	Na 0 0 0 0 0
Soy mozzarella, slices (Tofutti) Soy parmesan (Galaxy), grated CHEESE SPREADS Kraft, Cheese Whiz, light Kraft, Cheese Whiz, original Kraft, pimento & olive spread Kraft, roca blue Velveeta, light	1 oz 1 slice 2 tsp 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	70 70 15 80 90 70 80 60	4 5 0.5 3.5 6 6 7 3	2.5 Na 0 0 0 0 0	0 3 0 2 4.5 4 4.5 2	0 0 0 0 0 0 0 0 0	0 0 0 4 3 2 1 2	0 0 0 0 0 0	30 Na 6 15 10 0 0	4 Na 0 0 0 0 0	Na 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
CHERRIES											
Raw, sour, red, pitted	1 c	77	0	0	0	2	13	1193	2	25	0
Raw, sweet, red, pitted	1 c	91	0	0	0	3	19	55	1	16	0
Canned, dark sweet (Del Monte)	1/2 C	100	0	0	0	<1	24	115*	0	6	0
Canned, dark sweet (S&W)	1/2 C	140	0	0	0	1	26	115*	0	2	0
Frozen (Dole)	1 c	90	0	0	0	3	18	292*	0	2	0
CHERRY BEVERAGES											
Knudsen, black cherry spritzer	12 oz	180	0	0	0	0	39	Na	4	0	0
Knudsen, cherry cider	8 oz	130	0	0	0	0	30	Na	2	0	0
Knudsen, just black cherry	8 oz	180	0	0	0	0	24	Na	2	0	0
Minute Maid Cooler, clear cherry, pouch	200 mL	100	0	0	0	0	27	Na	10	100	0
CHESTNUTS											
Chinese, roasted	1 oz	68	0	0	0	0	0	0	0	17	0
European, roasted	1 oz	69	1	0	0	1	3	3	0	12	0
Japanese, roasted	1 oz	57	0	0	0	0	0	0	0	13	ō
CHICKEN, fresh, boiler or fryer											
Breast & skin, roasted	4 oz	224	8	3	4	0	0	0	1	0	+
Breast only, roasted	4 oz	188	4	1	0	0	0	0	i	0	+
Dark & skin, roasted	4 oz	284	16	6	4	ō	ő	Ö	i	ő	+
Dark only, roasted	4 oz	232	12	3.5	4	ō	o	Ö	i	ő	+
Drumstick, no skin, fried	1	82	3	1	i	ō	0	0	0	o	+
Leg, no skin, fried	i	196	9	3	2	ō	ő	Ö	i	ő	+
Light meat, no skin, fried	1 c	269	8	3	2	ō	ő	0	2	ő	++
Thigh, no skin, fried	1	113	5	2	î	ō	ő	0	ô	ŏ	+
migh, no skin, med		113	,	-		0		U			-
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
		Calories				Fiber (g)					
CHICKEN, other	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
CHICKEN, other Capon, meat & skin, roasted	Size 4 oz	260	(g) 12	4.5	Fats (g)	(g) 0	(mg) 0	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	+
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted	4 oz 1 bird	260 245	(g) 12 9	4.5 3	4 2	0 0	0 0	0 0	0 2	(% <b>DV</b> )	+++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered	4 oz 1 bird 1 c	260 245 281	12 9 13	4.5 3 2	4 2 4	0 0 0	0 0 0	0 0 0	0 2 1	(% <b>DV</b> ) 0 2 15	+ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered	4 oz 1 bird	260 245	(g) 12 9	4.5 3	4 2	0 0	0 0	0 0	0 2	(% <b>DV</b> )	+++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen	4 oz 1 bird 1 c 4 oz	260 245 281 188	(g) 12 9 13 8	4.5 3 2 1.5	4 2 4 4	0 0 0 0	0 0 0 0	0 0 0 0 30	0 2 1	0 2 15 46	+ ++ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley)	4 oz 1 bird 1 c 4 oz	260 245 281 188	(g) 12 9 13 8	4.5 3 2 1.5	4 2 4 4 4 0	0 0 0 0	0 0 0 0	0 0 0 0 30	0 2 1 1	0 2 15 46	+ ++ ++ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley)	4 oz 1 bird 1 c 4 oz	260 245 281 188	(g) 12 9 13 8	4.5 3 2 1.5	4 2 4 4	0 0 0 0	0 0 0 0	0 0 0 0 30	0 2 1	0 2 15 46	+ ++ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue	4 oz 1 bird 1 c 4 oz 4 oz 5 pcs	260 245 281 188 120 200	(g) 12 9 13 8 1.5	4.5 3 2 1.5 0 Na	4 2 4 4 0 3.5	0 0 0 0	0 0 0 0 0	0 0 0 0 30 0	0 2 1 1 0 6	0 2 15 46 2	+ ++ ++ ++ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty)	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 5 doz	260 245 281 188 120 200	(g) 12 9 13 8 1.5 12	4.5 3 2 1.5 0 Na	Fats (g)  4 2 4 4 0 3.5	0 0 0 0 0	0 0 0 0 0 2	0 0 0 30 30 0	0 2 1 1 0 6	0 2 15 46 2 0	+ ++ ++ ++ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley)	4 oz 1 bird 1 c 4 oz 4 oz 5 pcs	260 245 281 188 120 200	(g) 12 9 13 8 1.5	4.5 3 2 1.5 0 Na	4 2 4 4 0 3.5	0 0 0 0	0 0 0 0 0	0 0 0 0 30 0	0 2 1 1 0 6	0 2 15 46 2	+ ++ ++ ++ ++ ++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 o	260 245 281 188 120 200	(g) 12 9 13 8 1.5 12 2 12	4.5 3 2 1.5 0 Na Na	4 2 4 4 0 3.5 0 3	0 0 0 0 0	0 0 0 0 0 2	0 0 0 30 30 0 0	0 2 1 1 0 6	0 2 15 46 2 0	+ ++ ++ ++ ++ + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 o	260 245 281 188 120 200 110 200	12 9 13 8 1.5 12 2 12 1	4.5 3 2 1.5 0 Na Na Na O	4 2 4 4 0 3.5 0 3	0 0 0 0 0 0	0 0 0 0 0 2 1 0	0 0 0 30 0 0 0	0 2 1 1 0 6	0 2 15 46 2 0	+ ++ ++ ++ ++ + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 1 pc	260 245 281 188 120 200 110 200	12 9 13 8 1.5 12 2 12 17	4.5 3 2 1.5 0 Na Na Na Na	Fats (g)  4 2 4 4 0 3.5 0 3	0 0 0 0 0 0	0 0 0 0 0 2 1 0	0 0 0 30 30 0 0	0 2 1 1 0 6 0 2	0 2 15 46 2 0	+ ++ ++ ++ ++ ++ + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Ijyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 2 c 1 pc 3 oz 6 oz	260 245 281 188 120 200 110 200 120 130 120	12 9 13 8 1.5 12 2 12 17 3.5	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5	Fats (g)  4 2 4 4 0 3.5 0 2 1	0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 30 0 0 0	0 2 1 1 0 6 0 2	0 2 15 46 2 0 0	+ ++ ++ ++ ++ + + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 4 oz 5 pcs 4 oz 4 oz 1 pc 3 oz 3 oz 3 oz	260 245 281 188 120 200 110 200 120 130 120 270	12 9 13 8 1.5 12 2 12 17 3.5 18	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7	Fats (g)  4 2 4 4 0 3.5 0 2 1 4	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 30 0 0 0	0 2 1 1 0 6 0 2	0 2 15 46 2 0 0 0 0	+ ++ ++ ++ ++ + + + + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 4 oz 5 pcs 4 oz 4 oz 1 pc 3 oz 3 oz 5 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280	12 9 13 8 1.5 12 2 12 17 3.5 18 18 18	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7	Fats (g)  4 2 4 4 0 3.5 0 2 1 4 4 4	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0	0 2 1 1 1 0 6 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0	+ ++ ++ ++ ++ + + + + + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged Strips, buffalo style	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 5 pcs 4 oz 4 oz 5 pcs 2 pcs 2 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280 230	12 9 13 8 1.5 12 2 12 17 3.5 18 18 10	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7 7 7 3.5	Fats (g)  4 2 4 4 0 3.5 0 3 1 4 4 4 2	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 1 1 1 0 6 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0	+ ++ ++ ++ ++ + + + + + + + + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged Strips, buffalo style Strips, crispy chicken	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 1 pc 3 oz 3 oz 5 pcs 2 pcs 2 pcs 2 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280 230 200	12 9 13 8 1.5 12 2 12 17 3.5 18 18 10 10 10	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7 7 7 3.5 3.5	Fats (g)  4 2 4 4 0 3.5 0 2 1 4 4 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 1 1 1 0 6 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0 0	+ ++ ++ ++ ++ + + + + + + + + + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged Strips, buffalo style Strips, crispy chicken Tenders, honey battered, boxed	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 5 pcs 4 oz 4 oz 5 pcs 2 pcs 2 pcs 5 pcs 5 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280 230 200 220	12 9 13 8 1.5 12 2 12 17 7 3.5 18 18 10 10 13	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7 7 7 3.5 3.5 5	Fats (g)  4 2 4 4 0 3.5 0 2 1 4 4 2 2 3	0 0 0 0 0 0 0 0 0 1 1 0 1 1 1 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 1 1 0 6 0 2 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0 0	+ ++++++++++++++++++++++++++++++++++++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged Strips, buffalo style Strips, crispy chicken Tenders, honey battered, boxed Wings, hot 'n spicy	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 1 pc 3 oz 3 oz 5 pcs 2 pcs 2 pcs 2 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280 230 200	12 9 13 8 1.5 12 2 12 17 3.5 18 18 10 10 10	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7 7 7 3.5 3.5	Fats (g)  4 2 4 4 0 3.5 0 2 1 4 4 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0 0	0 2 1 1 1 0 6 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0 0	+ ++ ++ ++ ++ + + + + + + + + + + + +
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged Strips, buffalo style Strips, trispy chicken Tenders, honey battered, boxed Wings, hot 'n spicy Weaver	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 1 pc 3 oz 3 oz 5 pcs 2 pcs 2 pcs 5 pcs 3 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280 230 200 220 219	12 9 13 8 1.5 12 2 12 17 7 3.5 18 18 10 10 13 15	4.5 3 2 1.5 0 Na Na Na 1.5 7 7 7 3.5 3.5 5 6	Fats (g)  4 2 4 4 0 3.5 0 2 1 4 4 2 2 3 3.5	0 0 0 0 0 0 0 0 0 1 1 1 2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 1 1 0 6 0 2 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0 0	+ ++++++++++++++++++++++++++++++++++++
CHICKEN, other Capon, meat & skin, roasted Cornish game hen, roasted Giblets, simmered Liver, simmered CHICKEN, refrigerated or frozen Breast, boneless, skinless (Organic Valley) Breast nuggets, cooked (Organic Valley) Breast tenderloins (Perdue Tender & Tasty) Ground, frozen (Organic Valley) Tyson Breast fillet Thin & Fancy Breast fillet, mesquite, bagged Breast strips, boxed Chicken Bites Nuggets, frozen, bagged Strips, buffalo style Strips, crispy chicken Tenders, honey battered, boxed Wings, hot 'n spicy	4 oz 1 bird 1 c 4 oz 5 pcs 4 oz 4 oz 5 pcs 4 oz 4 oz 5 pcs 2 pcs 2 pcs 5 pcs 5 pcs	260 245 281 188 120 200 110 200 120 130 120 270 280 230 200 220	12 9 13 8 1.5 12 2 12 17 7 3.5 18 18 10 10 13	4.5 3 2 1.5 0 Na Na Na 0 Na 1.5 7 7 7 3.5 3.5 5	Fats (g)  4 2 4 4 0 3.5 0 2 1 4 4 2 2 3	0 0 0 0 0 0 0 0 0 1 1 0 1 1 1 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 30 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 2 1 1 0 6 0 2 0 0 0 0 0	0 2 15 46 2 0 0 0 0 0 0	+ ++++++++++++++++++++++++++++++++++++

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Buffalo popcorn chicken	7 pcs	230	14	Na	2	1	1	0	0	0	+
Crispy mini-drums	5 pcs	250	16	Na	3.5	1	2	0	2	0	+
Italian style patties	i	210	14	Na	3	1	1	0	6	0	+
Nuggets	4	230	15	Na	3.5	1	0	0	0	0	+
Original patties	1	180	11	Na	2.5	1	1	0	6	0	+
CHICKEN SUBSTITUTES											
Morningstar Farms											
Buffalo wings	5 wings	200	9	2.5	1.5	3	1	0	2	0	+
Chik 'n Nuggets	4 pcs	190	7	2	1	2	1	0	2	0	+
Chik 'n Patties, parmesan ranch	1	170	7	2	1	2	1	0	2	0	+
Chik 'n Tenders	2 pcs	190	7	2	1	3	1	0	4	0	+
Worthington	-   -										
Diced Chik, fat free	V4 C	50	0	0	0	1	0	0	0	0	+
Fried Chik 'n gravy	2 pcs	150	10	2.5	1.5	2	ō	ō	2	ō	++
Meatless chicken roll	∛s" slice	90	4.5	1	0.5	ĩ	0	ō	10	ō	+
Meatless chicken slices	3 slices	90	4.5	i	1	<1	0	0	25	ō	+
CHICKPEAS (garbanzo beans)	5 silees	30	1.5		•	-		· ·	23		
Eden, organic	1/2 C	130	1	0	0	5	<1	0	6	0	+
Progresso	1/2 C	100	1.5	Na	0	4	2	ō	2	0	+
S&W	1/2 C	80	1	0	0	5	2	o o	2	2	+
CHILI & CHILI BEANS	72 €	00	'	v	U	,	2	Ü	2	2	-
Chili w/beans, canned	1 c	286	14	6	6	11	3	463	12	7	+
Chili beans, ranch style, canned	1 c	245	3	0	0.5	11	11	17	7	7	+
Citil bears, failur style, calified	10	243	,	U	0.5	"	"	17	,	,	-
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Eden, chili beans w/jalapeno & red pepper	½ <b>c</b>	130	0	0	0	7	1	0	6	0	+
Fantastic Foods, vegetarian chili				Na		7	7	0		35	
rantasuc roous, vegetarian cinii	1 c	200	2		0	,		U	10	35	Na
S&W, Santa Fe chili beans	1 c 1 c	200 160	0	0	0	6	4	0	10 4	35 8	Na O
S&W, Santa Fe chili beans					_	-		-			
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce	1 c	160	0	0	0	6	4	0	4	8	0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili	1 c ⅓2 c	160 110	0	0	0	6	4	0	4	8 6	0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand	1 c ½ c 1 c	160 110 330	0 1 17	0 0 7	0 0 8	6	4 4 7	0 0 0	4 4 6	8 6 2	0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo	1 c ½ c 1 c 1 c	160 110 330 320	0 1 17 16	0 0 7 7.5	0 0 8 7	6 6 5 5	4 4 7 6	0 0 0	4 4 6 4	8 6 2 2	0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili	1 c ½ c 1 c 1 c	160 110 330 320 320	0 1 17 16 15	0 0 7 7.5 Na	0 0 8 7 7	6 6 5 5	4 4 7 6	0 0 0 0	4 4 6 4	8 6 2 2 0	0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero	1 c ½ c 1 c 1 c 1 c	160 110 330 320 320 240	0 1 17 16 15	0 0 7 7.5 Na 4	0 0 8 7 7 2	6 6 5 5 7	4 4 7 6 13 5	0 0 0 0 0	4 4 6 4 4	8 6 2 2 0 2	0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean	1 c ½ c 1 c 1 c 1 c 1 c	160 110 330 320 320 240 240	0 1 17 16 15 8	0 0 7 7.5 Na 4 0.5	0 0 8 7 7 2	6 6 5 5 7 6	4 4 7 6 13 5	0 0 0 0 0	4 4 6 4 4 6	8 6 2 2 0 2 6	0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking	1c ½c 1c 1c 1c 1c	160 110 330 320 320 240 240 200	0 1 17 16 15 8 3	0 7 7.5 Na 4 0.5	0 0 8 7 7 2 1	6 6 5 5 7 6 8	4 4 7 6 13 5 6	0 0 0 0 0 0	4 4 6 4 4 6 6	8 6 2 2 0 2 6 2	0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares	1 c 1/2 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	160 110 330 320 320 240 240 200	0 1 17 16 15 8 3 1	0 0 7 7.5 Na 4 0.5 0	0 0 8 7 7 2 1 0	6 6 5 5 7 6 8	4 7 6 13 5 6 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6	8 6 2 2 0 2 6 2	0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares	1 c 1/2 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 2 c 2 c 2 c 2 c 3	160 110 330 320 320 240 240 200	0 1 17 16 15 8 3 1	0 0 7 7.5 Na 4 0.5 0	0 0 8 7 7 2 1 0	6 6 5 5 7 6 8	4 4 7 6 13 5 6 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6	8 6 2 2 0 2 6 2	0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet	1 c 1/2 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 3 c 3 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4	160 110 330 320 320 240 240 200 70 70	0 1 17 16 15 8 3 1 7 6 4.5	0 0 7 7.5 Na 4 0.5 0	0 0 8 7 7 2 1 0 4.5 3 2.5	6 6 5 5 7 6 8	4 4 7 6 13 5 6 9	0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6	8 6 2 2 0 2 6 2 0 0	0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet	1 c 1/2 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 3 c 3 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4	160 110 330 320 320 240 240 200 70 70 70 60	0 1 17 16 15 8 3 1 7 6 4.5 3.5	0 0 7 7.5 Na 4 0.5 0	0 0 8 7 7 2 1 0 4.5 3 2.5 2	6 6 5 5 7 6 8 5 1	4 4 7 6 13 5 6 9	0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0	8 6 2 2 0 2 6 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares	1 c 1/2 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 3 c 3 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4 c 4	160 110 330 320 320 240 240 200 70 70	0 1 17 16 15 8 3 1 7 6 4.5	0 0 7 7.5 Na 4 0.5 0	0 0 8 7 7 2 1 0 4.5 3 2.5	6 6 5 5 7 6 8	4 4 7 6 13 5 6 9	0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6	8 6 2 2 0 2 6 2 0 0	0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares CLAMS	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	160 110 330 320 320 240 240 200 70 70 70 60 80	0 1 17 16 15 8 3 1 7 6 4.5 3.5 4.5	0 0 7 7.5 Na 4 0.5 0 2 Na 1 Na Na	0 0 8 7 7 2 1 0 4.5 3 2.5 2	6 6 5 5 5 7 6 8 5 1 1	4 4 7 6 13 5 6 9 0 5 8 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0	8 6 2 2 0 2 6 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares CLAMS Bumble Bee, canned, chopped	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	160 110 330 320 320 240 240 200 70 70 70 60 80	0 1 17 16 15 8 3 1 7 6 4.5 3.5 4.5	0 0 7 7.5 Na 4 0.5 0 2 Na 1 Na Na	0 0 8 7 7 2 1 0 4.5 3 2.5 2 3	6 6 5 5 5 7 6 8 5 1 1	4 4 7 6 13 5 6 9 0 5 8 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0 0 2	8 6 2 2 0 2 6 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares CLAMS Bumble Bee, canned, chopped Bumble Bee, whole baby	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 3 c 3 c 4 c 4 c 4 c 4 c 4 c	160 110 330 320 320 240 240 200 70 70 60 80	0 1 17 16 15 8 3 1 7 6 4.5 3.5 4.5	0 0 7 7.5 Na 4 0.5 0 2 Na 1 Na Na	0 0 8 7 7 2 1 0 4.5 3 2.5 2 3	6 6 5 5 7 6 8 5 1 1 0	4 4 7 6 13 5 6 9 0 5 8 8	0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0 0 2	8 6 2 2 0 2 6 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares CLAMS Bumble Bee, canned, chopped Bumble Bee, whole baby Chicken of the Sea, chopped	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	160 110 330 320 320 240 240 200 70 70 70 60 80	0 1 17 16 15 8 3 1 7 6 4.5 3.5 4.5	0 0 7 7.5 Na 4 0.5 0 2 Na 1 Na Na	0 0 8 7 7 2 1 0 4.5 3 2.5 2 3	6 6 5 5 5 7 6 8 5 1 1	4 4 7 6 13 5 6 9 0 5 8 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0 0 2	8 6 2 2 0 2 6 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares CLAMS Bumble Bee, canned, chopped Bumble Bee, whole baby Chicken of the Sea, chopped COCONUT	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2	160 110 330 320 320 240 240 200 70 70 70 60 80 25 50 30	0 1 17 16 15 8 3 1 7 6 4.5 3.5 4.5	0 0 7 7.5 Na 4 0.5 0 2 Na 1 Na Na	0 0 8 7 7 2 1 0 4.5 3 2.5 2 3	6 6 5 5 7 6 8 5 1 1 0 0	4 4 7 6 13 5 6 9 0 5 8 8 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0 0 2	8 6 2 2 0 2 6 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
S&W, Santa Fe chili beans S&W, chili beans w/tomato sauce Stagg, Classic Chili Stagg, Country Brand Stagg, Laredo Stagg, Ranch House chicken chili Stagg, Turkey Ranchero Stagg, Vegetable Garden 4-bean CHOCOLATE, baking Baker's baking unsweetened squares Baker's bittersweet squares Baker's chocolate chunks semi-sweet Baker's German sweet Baker's Premium white squares CLAMS Bumble Bee, canned, chopped Bumble Bee, whole baby Chicken of the Sea, chopped	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 2 c 2 c 3 c 3 c 4 c 4 c 4 c 4 c 4 c	160 110 330 320 320 240 240 200 70 70 60 80	0 1 17 16 15 8 3 1 7 6 4.5 3.5 4.5	0 0 7 7.5 Na 4 0.5 0 2 Na 1 Na Na	0 0 8 7 7 2 1 0 4.5 3 2.5 2 3	6 6 5 5 7 6 8 5 1 1 0	4 4 7 6 13 5 6 9 0 5 8 8	0 0 0 0 0 0 0 0	4 4 6 4 4 6 6 6 6 0 0 0 2	8 6 2 2 0 2 6 2 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
COD											
Atlantic, baked	3 oz	89	1	0	0	0	0	0	1	1	+
Atlantic, canned	3 oz	89	1	0	0	0	0	0	1	1	+
Pacific, baked	3 oz	88	1	0	0	0	0	0	0	4	+
COFFEE, flavored											
General Foods Intl											
Café Francais	1 serv	60	3.5	Na	2.5	0	4	0	0	0	0
French vanilla	1 serv	60	2/5	Na	0.5	0	8	0	0	0	0
French vanilla, sugar free	1 serv	30	2.5	Na	2	0	0	0	0	0	0
Italian cappuccino	1 serv	50	1.5	0	1.5	0	8	0	0	0	0
Suisse mocha	1 serv	60	2	Na	1.5	0	9	0	0	0	0
Viennese chocolate	1 serv	50	1.5	0	1.5	0	9	0	0	0	0
COLLARDS, fresh, cooked, no salt	1 c	49	1	0	0	5	1	9146	26	57	+
COOKIES, mixes & unbaked											
Betty Crocker											
Chocolate Chip, pouch	2 cookie	120	3	Na	1.5	0	14	0	0	0	0
Oatmeal, pouch	2 cookie	110	1.5	Na	0	<1	11	ō	0	ō	ō
Peanut butter, pouch	2 cookie	120	4	Na	1	0	12	0	0	0	0
Sugar, pouch	2 cookie	120	2.5	Na	0.5	0	13	o	0	ō	ō
Pillsbury	2 coolac	120	2.10	140	0.5	•		Ü			
Big Deluxe Classic, peanut butter cup	1 cookie	190	9	Na	5	1	15	0	0	0	0
Big Deluxe Classic, turtle supreme	1 cookie	200	10	Na	5	i	17	o	ō	ő	ő
Chocolate chip, Create 'n Bake	1 oz	120	5	Na	2.5	- <1	11	o	0	ő	ő
Oatmeal chocolate chip, Create 'n Bake	1 oz	130	6	Na	3.5	<1	10	o	0	o o	ő
outher chocolate chip, create in bane	102	150		144	5.5	`	10	v			
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Ready to Bake chocolate candy	1 cookie	100	5	Na	2.5	0	9	0	0	0	0
Ready to Bake chocolate chunk & chip	1 cookie	100	5	Na	2.5	0	8	0	0	0	0
Ready to Bake sugar	1 cookie	5					_		-	_	
		,	Na	3	0	7	0	0	ō	ō	0
COOKIES, ready-to-eat		,	Na	3	0	7	0	0			0
COOKIES, ready-to-eat Barbara's Bakery		,	Na	3	0	7	0	0			0
	1	60	Na 0	3	0	7	9	0			0
Barbara's Bakery Fig bar, apple cinnamon									0	0	
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry	1	60	0	0	0	1	9	0	0	2	0
Barbara's Bakery Fig bar, apple cinnamon	1	60 70	0 0.5	0	0	1 0	9	0	0 0	2 2	0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat	1 1 1	60 70 60	0 0.5 0.5	0 0 0	0 0 0	1 0 0	9 9 8	0 0 0	0 0 0	0 2 2 8	0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies	1 1 1 1 1 pkg	60 70 60	0 0.5 0.5	0 0 0	0 0 0 0	1 0 0	9 9 8 8	0 0 0	0 0 0 0 0	0 2 2 8 8	0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip	1 1 1 1 1 pkg 10 pcs	60 70 60 60 100	0 0.5 0.5 0 2	0 0 0 0 Na	0 0 0 0	1 0 0 1 0	9 9 8 8 8	0 0 0 0	0 0 0 0 0 0 0	0 2 2 8 8 0	0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla	1 1 1 1 pkg 10 pcs 10 pcs	60 70 60 60	0 0.5 0.5 0	0 0 0 0 Na Na	0 0 0 0	1 0 0 1	9 9 8 8	0 0 0 0 0	0 0 0 0 0 0 0 0	0 2 2 8 8	0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, wheat-free	1 1 1 1 1 pkg 10 pcs	60 70 60 60 100 120	0 0.5 0.5 0 2 4	0 0 0 0 Na Na Na	0 0 0 0 1 0	1 0 0 1 0 0	9 9 8 8 8	0 0 0 0 0	0 0 0 0 0 0	0 2 2 8 8 0 0	0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs	60 70 60 60 100 120 110	0 0.5 0.5 0 2 4 4 5	O O O O Na Na Na Na	0 0 0 0 1 0	1 0 0 1 0 0	9 9 8 8 8 8 5	0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 2 2 8 8 0 0 0	0 0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs	60 70 60 60 100 120 110 120	0 0.5 0.5 0 2 4 4 5	O O O O Na Na Na Na	0 0 0 0 1 0 0	1 0 0 1 0 0 0	9 9 8 8 8 8 8 5 6	0 0 0 0 0 0	0 0 0 0 0 0 0 4 4	2 2 8 8 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs	60 70 60 60 100 120 110 120	0 0.5 0.5 0 2 4 4 5	O O O Na Na Na Na Na	0 0 0 0 1 0 0 0	1 0 0 1 0 0 0 1 <1 <1 <1	9 9 8 8 8 8 8 5 6	0 0 0 0 0 0 0	0 0 0 0 0 0 0 4 4	2 2 8 8 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs 2 oz pkg	60 70 60 60 100 120 110 120	0 0.5 0.5 0 2 4 4 5	O O O Na Na Na Na Na Na	0 0 0 0 1 0 0 0	1 0 0 1 0 0 0 1 <1 <1	9 9 8 8 8 8 8 5 6	0 0 0 0 0 0 0	0 0 0 0 0 0 0 4 4	0 2 2 8 8 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat Oatmeal chocolate chip walnut	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs	60 70 60 60 100 120 110 120	0 0.5 0.5 0 2 4 4 5	O O O Na Na Na Na Na	0 0 0 0 1 0 0 0	1 0 0 1 0 0 0 1 <1 <1 <1	9 9 8 8 8 8 8 5 6	0 0 0 0 0 0 0	0 0 0 0 0 0 0 4 4	2 2 8 8 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat Oatmeal chocolate chip walnut Keebler	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs 2 oz pkg 4 pcs	60 70 60 60 100 120 110 120 150 160 200 140	0 0.5 0.5 0 2 4 4 5 8 6 3 7	O O O Na Na Na Na Na Na	0 0 0 0 1 0 0 0 0	1 0 0 1 0 0 0 0 1 <1 <1	9 9 8 8 8 8 5 6 10 14 17 9	0 0 0 0 0 0 0	0 0 0 0 0 0 0 4 4 4	0 2 2 8 8 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Barbara's Bakery Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat Oatmeal chocolate chip walnut Keebler Animal cookies, frosted	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs 2 oz pkg 4 pcs 8 cookie	60 70 60 60 100 120 110 120 150 160 200 140	0 0.5 0.5 0 2 4 4 5 8 6 3 7	O O O O Na Na Na Na Na Na Na	0 0 0 0 1 0 0 0 0 4 4 4 1.5 4	1 0 0 1 0 0 0 1 <1 <1 1	9 9 8 8 8 8 5 6 10 14 17 9	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 4 4 4	0 2 2 8 8 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat Oatmeal chocolate chip walnut Keebler Animal cookies, frosted Chip Deluxe, chocolate lovers	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs 2 oz pkg 4 pcs 8 cookie 1 cookie	60 70 60 60 100 120 110 120 150 160 200 140	0 0.5 0.5 0 2 4 4 5 8 6 3 7	O O O O Na Na Na Na Na Na Na Na	0 0 0 0 1 0 0 0 0 4 4 4 1.5 4	1 0 0 1 0 0 0 1 <1 <1 1	9 9 8 8 8 8 5 6 10 14 17 9	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 4 4 4	0 2 2 8 8 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat Oatmeal chocolate chip walnut Keebler Animal cookies, frosted Chip Deluxe, chocolate lovers Chips Deluxe coconut	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	60 70 60 60 100 120 110 120 150 160 200 140	0 0.5 0.5 0 2 4 4 5 8 6 3 7 7 4.5 4.5	O O O O Na Na Na Na Na Na Na Na Na	0 0 0 0 1 0 0 0 4 4 4 1.5 4	1 0 0 1 0 0 0 1 <1 1 1	9 9 8 8 8 8 5 6 10 14 17 9	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 4 4 4	0 2 2 8 8 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fig bar, apple cinnamon Fig bar, blueberry Fig bar, traditional Fig bar, whole wheat Ginger organic mini cookies Snackimals, chocolate chip Snackimals, vanilla Snackimals, wheat-free Famous Amos Chocolate chip & pecans Chocolate crème sandwich Iced gingersnaps, low fat Oatmeal chocolate chip walnut Keebler Animal cookies, frosted Chip Deluxe, chocolate lovers	1 1 1 1 pkg 10 pcs 10 pcs 10 pcs 10 pcs 4 pcs 3 pcs 2 oz pkg 4 pcs 8 cookie 1 cookie	60 70 60 60 100 120 110 120 150 160 200 140	0 0.5 0.5 0 2 4 4 5 8 6 3 7	O O O O Na Na Na Na Na Na Na Na	0 0 0 0 1 0 0 0 0 4 4 4 1.5 4	1 0 0 1 0 0 0 1 <1 <1 1	9 9 8 8 8 8 5 6 10 14 17 9	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 4 4 4	0 2 2 8 8 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Fudge Shoppe, deluxe graham	3 cookie	140	7	Na	6	1	10	0	0	0	0
Fudge Shoppe, filled peanut butter	2 cookie	170	11	Na	5.5	<1	19	0	0	0	0
Fudge Shoppe, fudge sticks	3 cookie	150	8	Na	6.5	0	15	0	0	0	0
Golden vanilla wafers	8 cookie	140	6	Na	3.5	<1	9	0	0	0	0
Oatmeal, country style	2 cookie	130	6	Na	4	1	8	0	0	0	0
Sandies, chocolate chip pecan	1 cookie	80	5	Na	3	0	4	0	0	0	0
Sandies, fruit delights, strawberry cheesecake	1 cookie	80	3.5	Na	2	0	6	0	0	0	0
Sandies, pecan	1 cookie	80	5	Na	3.5	0	3	0	0	0	0
Sandies, pecan, reduced fat	1 cookie	80	3.5	Na	2	0	4	0	0	0	0
Sandies, simply shortbread	1 cookie	80	4.5	Na	4	0	4	0	0	0	0
Sandies, swirl cinnamon	1 cookie	90	5	Na	3.5	<1	3	0	0	0	0
Soft Batch, chocolate chip	1 cookie	80	3.5	Na	2	<1	6	0	0	0	0
Soft Batch, oatmeal raisin	1 cookie	80	3	Na	1.5	<1	6	0	0	0	0
Vienna Fingers	2 cookie	150	7	Na	5	<1	10	0	0	0	0
Vienna Fingers, reduced fat	2 cookie	140	5	Na	3.5	<1	11	0	0	0	0
Murray Sugar Free											
Chocolate chip	3 cookie	140	8	Na	5	1	0	0	0	0	0
Chocolate sandwich cream	3 cookie	130	7	Na	4	i	0	0	0	ō	0
Double fudge	3 cookie	140	7	Na	4	2	0	0	0	0	0
Lemon wafers	4 cookie	140	8	Na	5	5	0	0	0	0	0
Peanut butter	3 cookie	160	10	Na	4.5	1	0	ō	ō	0	ō
Shortbread	8 cookie	130	5	Na	3	i	0	0	0	0	ō
Shortbread, pecan	3 cookie	170	11	Na	6	i	ő	o	ō	ō	ő
Vanilla wafers	9 cookie	130	5	Na	3	i	ŏ	ő	ŏ	ŏ	ő
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
		Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Nabisco	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Nabisco Chips Ahoy, 100% whole grain	Size 1 cookie	150	(g) Na	2.5	Fats (g)	(g)	(mg) 0	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	0,+,++)
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge	1 cookie 1 cookie	150 80	(g) Na 4	2.5 Na	2 1.5	(g) 10 1	0 6	O O	(% <b>DV</b> )	0 0	0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip	1 cookie 1 cookie 1 cookie	150 80 80	(g) Na 4 4	2.5 Na Na	2 1.5 1.5	(g) 10 1	0 6 6	O O O	0 0 0	0 0 0	0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat	1 cookie 1 cookie 1 cookie 1 cookie	150 80 80 140	(g) Na 4 4 5	2.5 Na Na Na	2 1.5 1.5 2	(g) 10 1 1 1	0 6 6 11	O O O O	0 0 0 0	0 0 0 0	0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie	150 80 80 140 140	Na 4 4 5 6	2.5 Na Na Na Na Na	2 1.5 1.5 2 1.5	10 1 1 1 0	0 6 6 11	0 0 0 0 0	0 0 0 0 0 2	0 0 0 0 0	0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz	150 80 80 140 140 120	Na 4 4 5 6 2	2.5 Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0	10 1 1 1 0 0	0 6 6 11 11 12	0 0 0 0 0 0	0 0 0 0 0 2 2	0 0 0 0 0 0	0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie	150 80 80 140 140 120 130	Na 4 4 5 6 2 5	2.5 Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5	10 1 1 1 0 0	0 6 6 11 11 12 8	0 0 0 0 0 0	0 0 0 0 2 2 2	0 0 0 0 0 0	0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie	150 80 80 140 140 120 130	Na 4 4 5 6 2 5 7	2.5 Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2	10 1 1 1 0 0	0 6 6 11 11 12 8 14	0 0 0 0 0 0 0	0 0 0 0 2 2 2 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie	150 80 80 140 140 120 130	(g) Na 4 4 5 6 2 5 7	2.5 Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5	10 1 1 1 0 0 1 1	0 6 6 11 11 12 8	0 0 0 0 0 0	0 0 0 0 2 2 2	0 0 0 0 0 0	0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie	150 80 80 140 140 120 130 160	Na 4 4 5 6 2 5 7	2.5 Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2	10 1 1 1 0 0	0 6 6 11 11 12 8 14 13	0 0 0 0 0 0 0 0	0 0 0 0 2 2 2 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 2 cookie 3 cookie 2 cookie 3 cookie	150 80 80 140 140 120 130 160 140	Na 4 4 5 6 2 5 7 7 4.5	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1	10 1 1 1 0 0 1 1 1	0 6 6 11 11 12 8 14 13 14	0 0 0 0 0 0 0 0 0	0 0 0 0 2 2 2 0 0	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie	150 80 80 140 140 120 130 160 140 150	Na 4 4 5 6 2 5 7 7 4.5 5	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12	0 0 0 0 0 0 0 0 0	0 0 0 0 2 2 2 2 0 0	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 4 cookie 3 cookie	150 80 80 140 140 120 130 160 140 150	Na 4 4 5 6 2 5 7 7 4.5 5 7	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 1 3.5 4	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12 11	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 2 2 2 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie	150 80 80 140 140 120 130 160 140 150	Na 4 4 5 6 2 5 7 7 4.5 5	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12	0 0 0 0 0 0 0 0 0	0 0 0 0 2 2 2 2 0 0	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark	1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 4 cookie 4 cookie 3 cookie	150 80 80 140 140 120 130 160 140 150	Na 4 4 5 6 2 5 7 7 4.5 5 7 8	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 1	(g) 10 1 1 1 0 0 1 1 1 1 1 0 0 0 0 1 1 1 0	0 6 6 11 11 12 8 14 13 14 12 11 9	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 2 2 2 2 0 0 0	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark chocolate	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 4 cookie 1 cookie 1 cookie	150 80 80 140 140 120 130 160 140 150 150 140	Na 4 4 5 6 2 5 7 7 4.5 5 7 8 7	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 3.5 4 3.5	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12 11 9 10	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 2 2 2 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark chocolate Milano, original	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 4 cookie 1 cookie 1 cookie 1 cookie	150 80 80 140 140 120 130 160 140 150 130 140	Na 4 4 5 6 2 5 7 7 4.5 5 7 8 8 7 10	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 3.5 4 3.5	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12 11 9 10 11	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 2 2 2 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers Nilla Wafers reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark chocolate Milano, original Shortbread	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 1 cookie 1 cookie 1 cookie 2 cookie	150 80 80 140 140 120 130 160 140 150 130 140 140	Na 4 4 5 6 2 5 7 7 4.5 5 7 8 8 7 10 7	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 3.5 4 3.5	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12 11 9 10 11 5	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 2 2 2 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark chocolate Milano, original Shortbread Soft Bake, sugar	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 4 cookie 1 cookie 1 cookie 1 cookie	150 80 80 140 140 120 130 160 140 150 130 140	Na 4 4 5 6 2 5 7 7 4.5 5 7 8 8 7 10	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 3.5 4 3.5	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12 11 9 10 11	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 2 2 2 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark chocolate Milano, original Shortbread Soft Bake, sugar	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 1 cookie 1 cookie 1 cookie 1 cookie 2 cookie 1 cookie 1 cookie 1 cookie 1 cookie	150 80 80 140 140 120 130 160 140 150 140 140 140 140	Na 4 4 5 6 2 5 7 7 4.5 5 7 8 8 7 10 7 5	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 3.5 4 3.5	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 0 0 0 1 1 1 0 0 0 1 1 0 0 0 1 1 0 0 0 1 1 1 0	0 6 6 11 11 12 8 14 13 14 12 11 9 10 11 5 11	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 2 2 2 0 0 0 0	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Nabisco Chips Ahoy, 100% whole grain Chips Ahoy, chunky white fudge Chips Ahoy, chunky chocolate chip Chips Ahoy, reduced fat Nilla Wafers Nilla Wafers, reduced fat Nutter Butter sandwich Oreo sandwich Oreo sandwich, Double Stuf Oreo sandwich, reduced fat Pepperidge Farm Bordeaux Brussels Chocolate chunk milk choc, macadamia Double chocolate chunk, dark chocolate Milano, original Shortbread Soft Bake, sugar	1 cookie 1 cookie 1 cookie 1 cookie 1 cookie 1 oz 1 oz 2 cookie 3 cookie 2 cookie 3 cookie 1 cookie 1 cookie 1 cookie 2 cookie	150 80 80 140 140 120 130 160 140 150 130 140 140	Na 4 4 5 6 2 5 7 7 4.5 5 7 8 8 7 10 7	2.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2 1.5 1.5 2 1.5 0 1.5 2 2.5 1 3.5 4 3.5	(g) 10 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 6 6 11 11 12 8 14 13 14 12 11 9 10 11 5	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 2 2 2 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Doritos, cool ranch tortilla	Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Del Monte, Savory Sides, Santa Fe	Canned											
Deb Monte, Savory Sides, gold & white   1/2 c   80   0.5   0   0   2   6   544*   0   15   0   0   0   0   0   0   0   0   0	Del Monte, Savory Sides, in butter sauce	1/2 C	90	2.5	Na	1	<1	5	50*	0	8	+
Deb Monte, Savory Sides, White, cream   1/2 c   70	Del Monte, Savory Sides, Fiesta corn	1/2 C	50	1	0	0	2	5	Na	0	6	0
Def Monte, Savory Sicks, white, cream   1/2 c   100	Del Monte, Savory Sides, gold & white	1/2 C	80	0.5	0	0	2	6	34*	0	6	0
Green Giant, creamed corn Green Giant, extra sweet niblets    ½ c   50   0.5   0   0   1   7   38   0   2   4	Del Monte, Savory Sides, Santa Fe	1/2 C	70	1	0	0	1	1	34*	0	15	0
Green Giant, extra sweet niblets Green Giant, Mexicorn  1½ c 70 0.5 0.0 0.1 1.4 0.0 0.6 6.4 Green Giant, Mhole kernel sweet 1½ c 60 0.5 0.0 0.1 1.4 0.0 0.6 20* 0.2 0.3 SAW, creamed corn  1½ c 60 0.5 0.0 0.2 7 38* 0.4 0.5 SAW, whole kernels 8 √2 c 60 0.5 0.0 0.2 7 38* 0.4 0.5 SAW, whole kernels 8 √2 c 60 0.5 0.0 0.2 7 38* 0.4 0.6 8 0 8 0 8 0 8 0 8 0 8 0 8 0 8 0 8 0 8 0		1/2 C	100	1	0	0	2	6	0	0	4	0
Green Giant, Mexicorn Green Giant, Whole kernel sweet  V₂ C  SeW, Creamed Corn V₂ C  SeW, Sew, Sew SeW, Sew SeW, Sew	Green Giant, creamed corn	1/2 C	90	0.5	0	0	1	7	38	0	2	+
Green Giant, whole kernel sweet	Green Giant, extra sweet niblets	1/s <b>c</b>	50	0.5	0	0	1	4	18*	0	2	0
S&W, deamed corn   V2 c   60   0.5   0   0   2   7   38*   0   4   0	Green Giant, Mexicorn	1/s <b>c</b>	70	0.5	0	0	1	4	0	0	6	+
S&W, whole kernels	Green Giant, whole kernel sweet	1/2 €	80	0.5	0	0	1	6	20*	0	2	0
Bird's Eye, baby gold & white	S&W, creamed corn	1/2 C	60	0.5	0	0	2	7	38*	0	4	0
Bird's Eye, baby gold & white   2/5 c   100   1   0   0   2   3   Na   0   8   0	S&W, whole kernels	1/2 C	60	1	0	0	3	7	25*	0	6	0
Bird's Eye, baby white corn kernels   2/5 c   100   1   0   0   0   3   3   3   Na   0   10   0   0   Cascadian Farms, organic sweet   4/4 c   90   1   0   0   0   2   4   Na   0   6   0   6   0   0   0   0   0   0	Frozen											
Bird's Eye, baby white corn kernels	Bird's Eve, baby gold & white	2/3 C	100	1	0	0	2	3	Na	0	8	0
Cascadian Farms, organic sweet   %4 c   90		2/s C	100		0	0				0	10	
Green Giant, cream style					0	0				0		
Green Giant, niblets w/butter Green Giant, shoepeg white, no sauce CORN CHIPS  Bugles, chili cheese  11½ c 160 9 0.5 7 .5 2 0 0 0 0 0 0 0  Bugles, soriginal  11½ c 160 9 0.5 8 <1 1 0 0 0 0 0 0  Bugles, soriginal  11½ c 160 9 0.5 8 <1 1 0 0 0 0 0 0  Bugles, soriginal  11½ c 160 9 0.5 8 <1 1 0 0 0 0 0 0  Bugles, soriginal  11½ c 160 9 0.5 8 <1 1 0 0 0 0 0 0  Bugles, smokin' BBQ  11½ c 150 8 Na 7 < 0 3 0 0 0 0 0  Bugles, smokin' BBQ  11½ c 150 8 Na 7 < 0 3 0 0 0 0 0  Bugles, smokin' BBQ  11½ c 150 8 Na 7 < 0 3 0 0 0 0 0  Bugles, smokin' BBQ  11½ c 150 8 Na 7 < 0 3 0 0 0 0 0  Bugles, smokin' BBQ  10∑ 140 7 4* 1 1 <1 <1 0 2 0 0  Doritos, cool ranch tortilla  10∑ 140 7 4* 1.5 1 1 0 0 2 0 0  Doritos, light nacho cheese tortilla  10∑ 140 8 4* 1.5 1 1 0 0 2 0 0  Doritos, nacho cheese tortilla  10∑ 140 7 4 1 1 1 1 0 0 2 0 0  Doritos, nacho cheese tortilla  10∑ 140 7 1 1 1 1 0 0 2 0 0  Doritos, ranchero tortilla  10∑ 140 7 Na 1 1 1 0 0 2 6 0  Doritos, sanchorderes tortilla  10∑ 140 7 Na 1 1 0 0 0 4 0 0  Fritos, bar-b-q 10∑ 150 10 Na 1.5 1 <1 0 4 0 0  Fritos, cheese flavor 10∑ 160 10 Na 1.5 1 <1 0 4 0 0  Fritos, cheese flavor 10∑ 160 10 Na 1.5 1 <1 0 4 0 0  Fritos, cheese flavor 10∑ 160 10 Na 1.5 1 <1 0 4 0 0  Fritos, cheese flavor 10∑ 160 10 Na 1.5 1 <1 0 0 4 0 0  Fritos, signial 10∑ 160 10 Na 1.5 1 <1 0 0 4 0 0  Fritos, signial 10∑ 160 10 Na 1.5 1 <1 0 0 4 0 0  Fritos, signial 10∑ 160 10 Na 1.5 1 <1 0 0 0 0 0 0  Herrs, conchips 10Z 140 6 Na 1.5 2 1 0 0 0 0 0 0  Herrs, bite size dippers 10Z 140 6 Na 1.5 2 1 0 0 0 0 0 0 0  Herrs, bite size dippers 10Z 140 7 Na 1 1 0 0 0 0 2 0 0 0 0  Herrs, bite size dippers 10Z 140 7 Na 1 1 0 0 0 0 2 0 0 0 0 0  Herrs, conchips 10Z 140 6 Na 1 2 0 0 0 0 0 0 0 0 0 0  Herrs, bite size dippers 10Z 140 7 Na 1 1 0 0 0 0 2 0 0 0 0 0 0  Herrs, bite size dippers 10Z 140 7 Na 1 1 0 0 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0			110		0	0		7		0		
Green Giant, shoepeg white, no sauce  CORN CHIPS  Bugles, chili cheese  11½ c 160 9 0.5 7 .5 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0					*	*	_			*		
Bugles, critil cheese   11/5 c   160   9   0.5   7   5   2   0   0   0   0   0   0   0   0   0						-						
Bugles, chili cheese		,,,,	100		0.5		-	-	Ü			
Bugles, original   11/5 c   160   9   0.5   8   <1   1   0   0   0   0   0   0   0   0		11/2 C	160	9	0.5	7	-5	2	0	0	0	0
Bugles, salsa   11/5 c   160   9	0 .			-					_			
Portion   Portion   Stree   Total Fat   Good   Fats (g)   Fats (	0 . 0			-		-			-	-	-	_
Portion   Portion   Calories   Total Fat   Good   Bad   Fiber   Sugars   Beta- (web)   Calcium   Vit. C (wb)   (v.+)				_					-	_		-
Doritos, light nacho cheese   1 oz   100   2   Na   0.5   2   <1   0   2   0   0			Calories									B vit. (0,+,++)
Doritos, nacho cheese tortilla   1 oz   140   8   4*   1.5   1   1   0   2   0   0	Doritos, cool ranch tortilla											
Doritos, nacho cheese tortilla, baked   1 oz   120   3.5   1   0.5   2   1   0   4   0   0		1 oz				1		<1	-			
Doritos, ranchero tortilla	Doritos, light nacho cheese		100	2	Na	0.5	2	<1	0	2	0	0
Doritos, toasted corn	Doritos, light nacho cheese	1 oz	100	2	Na	0.5 1.5	2	<1	0	2	0	0
Fritos, bar-b-q Fritos, cheese flavor Fritos, cheese flavor Fritos, flamin' hot Fritos, flamin' hot Fritos, original Fritos,	Doritos, light nacho cheese Doritos, nacho cheese tortilla	1 oz 1 oz	100 140	2	Na 4*	0.5 1.5	2	<1 1	0	2 2	0	0
Fritos, cheese flavor  1 oz 160 10 Na 1.5 1 1 0 0 4 0 0  Fritos, flamin' hot  1 oz 160 10 Na 1.5 1 <1 0 4 0 0  Fritos, flamin' hot  1 oz 160 10 Na 1.5 1 <1 0 4 0 0  Fritos, original  1 oz 160 10 Na 1.5 1 <1 0 2 0 0  Herrs, bite size dippers  1 oz 140 6 Na 1.5 2 1 0 0 0 0 0 0  Herrs, corn chips  1 oz 160 10 Na 2 2 2 0 0 0 0 0 0 0  Herrs, nachitos  1 oz 140 6 Na 1 2 0 0 0 0 0 0 0  Tostitos, restaurant style tortilla  1 oz 140 7 Na 1 1 0 0 0 4 0 0  Tostitos, sensations red chile & lime  1 oz 150 8 Na 1 2 0 0 0 2 0 0  COUSCOUS  Fantastic Foods  Organic, dry  Organic, dry  Organic, whole wheat, uncooked  1 oz 150 0.5 0 0 0 1 1 0 0 2 0 +  Near East  Herb chicken, mix  2 oz 190 1 0 0 0 2 2 0 0 +  Mediterranean curry, mix  2 oz 190 1 0 0 0 3 2 2 0 0 2 0 +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Dontos, nacho cheese tortilla, baked	1 oz 1 oz 1 oz	100 140 120	2 8 3.5	Na 4* 1	0.5 1.5 0.5	2 1 2	<1 1 1	0 0	2 2 4	0	0 0 0
Fritos, flamin' hot 1 oz 160 10 Na 1.5 1 <1 0 4 0 0 Fritos, original 1 oz 160 10 Na 1.5 1 <1 0 2 0 0 Herrs, bite size dippers 1 oz 140 6 Na 1.5 2 1 0 0 0 0 0 0 Herrs, bite size dippers 1 oz 160 10 Na 2 2 0 0 0 0 0 0 0 Herrs, corn chips 1 oz 160 10 Na 2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla	1 oz 1 oz 1 oz 1 oz	100 140 120 140	2 8 3.5 7	Na 4* 1 4	0.5 1.5 0.5 1	2 1 2 1	<1 1 1 1	0 0 0	2 2 4 2	0 0 0 6	0 0 0
Fritos, original 1 oz 160 10 Na 1.5 1 <1 0 2 0 0 Herrs, bite size dippers 1 oz 140 6 Na 1.5 2 1 0 0 0 0 0 Herrs, corn chips 1 oz 160 10 Na 2 2 0 0 0 0 0 0 Herrs, nachitos 1 oz 140 6 Na 1 2 0 0 0 0 0 0 Tostitos, restaurant style tortilla 1 oz 140 7 Na 1 1 0 0 0 4 0 0 Tostitos, sensations red chile & lime 1 oz 150 8 Na 1 2 0 0 0 0 2 0 0  COUSCOUS  Fantastic Foods Organic, dry	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn	1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140	2 8 3.5 7	Na 4* 1 4 Na	0.5 1.5 0.5 1	2 1 2 1	<1 1 1 1 0	0 0 0 0	2 2 4 2 4	0 0 0 6	0 0 0 0
Herrs, bite size dippers 1 oz 140 6 Na 1.5 2 1 0 0 0 0 0 0 Herrs, corn chips 1 oz 160 10 Na 2 2 0 0 0 0 0 0 0 0 Herrs, nachitos 1 oz 140 6 Na 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150	2 8 3.5 7 7	Na 4* 1 4 Na Na	0.5 1.5 0.5 1 1 1.5	2 1 2 1 1	<1 1 1 1 0 <1	0 0 0 0	2 2 4 2 4 4	0 0 0 6 0	0 0 0 0 0
Herrs, corn chips 1 oz 160 10 Na 2 2 2 0 0 0 0 0 0 0 0 Herrs, nachitos 1 oz 140 6 Na 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot	l oz l oz l oz l oz l oz l oz l oz	100 140 120 140 140 150	2 8 3.5 7 7 10	Na 4* 1 4 Na Na Na	0.5 1.5 0.5 1 1 1.5	2 1 2 1 1 1	<1 1 1 1 0 <1	0 0 0 0 0	2 2 4 2 4 4 4	0 0 0 6 0	0 0 0 0 0
Herrs, nachitos 1 oz 140 6 Na 1 2 0 0 0 0 0 0 0 1 Ostitos, restaurant style tortilla 1 oz 140 7 Na 1 1 0 0 0 4 0 0 Ostitos, sensations red chile & lime 1 oz 150 8 Na 1 2 0 0 0 2 0 0 COUSCOUS  Fantastic Foods  Organic, dry	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot	l oz l oz l oz l oz l oz l oz l oz l oz	100 140 120 140 140 150 160	2 8 3.5 7 7 10 10	Na 4* 1 4 Na Na Na Na	0.5 1.5 0.5 1 1 1.5 1.5	2 1 2 1 1 1 1	<1 1 1 1 0 <1 1 <1	0 0 0 0 0 0	2 4 2 4 4 4 4	0 0 6 0 0	0 0 0 0 0 0
Tostitos, restaurant style tortilla 1 oz 140 7 Na 1 1 0 0 0 4 0 0 Tostitos, sensations red chile & lime 1 oz 150 8 Na 1 2 0 0 0 2 0 0 COUSCOUS  Fantastic Foods  Organic, dry	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original	loz loz loz loz loz loz loz loz loz	100 140 120 140 140 150 160 160	2 8 3.5 7 7 10 10 10	Na 4* 1 4 Na Na Na Na Na	0.5 1.5 0.5 1 1 1.5 1.5 1.5	2 1 2 1 1 1 1 1	<1 1 1 1 0 <1 1 <1	0 0 0 0 0 0	2 4 2 4 4 4 4 4 2	0 0 6 0 0 0	0 0 0 0 0 0
Tostitos, sensations red chile & lime 1 oz 150 8 Na 1 2 0 0 0 2 0 0 COUSCOUS  Fantastic Foods  Organic, dry	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers	l oz l oz l oz l oz l oz l oz l oz l oz	100 140 120 140 140 150 160 160 160	2 8 3.5 7 7 10 10 10 10	Na 4* 1 4 Na Na Na Na Na Na	0.5 1.5 0.5 1 1 1.5 1.5 1.5 1.5	2 1 2 1 1 1 1 1 1 2	<1 1 1 0 <1 1 <1 <1	0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0	0 0 6 0 0 0	0 0 0 0 0 0
COUSCOUS  Fantastic Foods  Organic, dry	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 160 140	2 8 3.5 7 7 10 10 10 10 6	Na 4* 1 4 Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5	2 1 2 1 1 1 1 1 1 2 2	<1 1 1 0 <1 1 <1 1 0	0 0 0 0 0 0 0 0	2 4 2 4 4 4 4 2 0	0 0 0 6 0 0 0	0 0 0 0 0 0 0
Fantastic Foods         Organic, dry       ½ c       150       0.5       0       0       1       1       0       0       0       +         Organic, whole wheat, uncooked       ½ c       170       0.5       0       0       6       1       0       2       0       +         Near East         Herb chicken, mix       2 oz       190       1       0       0       2       2       0       2       0       +         Mediterranean curry, mix       2 oz       190       1       0       0       3       2       0       2       2       +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 160 140 160	2 8 3.5 7 7 10 10 10 10 6 10 6	Na 4* 1 4 Na Na Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.5	2 1 2 1 1 1 1 1 1 2 2 2 2	<1 1 1 0 <1 1 <1 <1 0 0	0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0	0 0 0 6 0 0 0 0	0 0 0 0 0 0 0 0
Organic, dry         ¼ c         150         0.5         0         0         1         1         0         0         0         +           Organic, whole wheat, uncooked         ¼ c         170         0.5         0         0         6         1         0         2         0         +           Near East         Herb chicken, mix         2 oz         190         1         0         0         2         2         0         2         0         +           Mediterranean curry, mix         2 oz         190         1         0         0         3         2         0         2         2         +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 140 160 140 140	2 8 3.5 7 7 10 10 10 10 6 10 6	Na 4* 1 4 Na Na Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.5	2 1 2 1 1 1 1 1 1 2 2 2 2	<1 1 1 0 <1 1 <1 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0	0 0 0 6 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Organic, whole wheat, uncooked         V4 c         170         0.5         0         0         6         1         0         2         0         +           Near East           Herb chicken, mix         2 oz         190         1         0         0         2         2         0         2         0         +           Mediterranean curry, mix         2 oz         190         1         0         0         3         2         0         2         2         +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 140 160 140 140	2 8 3.5 7 7 10 10 10 10 6 10 6	Na 4* 1 4 Na Na Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.5	2 1 2 1 1 1 1 1 1 2 2 2 2	<1 1 1 0 <1 1 <1 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0	0 0 0 6 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Near East         Herb chicken, mix         2 oz         190         1         0         0         2         2         0         2         0         +           Mediterranean curry, mix         2 oz         190         1         0         0         3         2         0         2         2         +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS Fantastic Foods	loz loz loz loz loz loz loz loz loz loz	100 140 120 140 140 150 160 160 140 160 140 140 150	2 8 3.5 7 7 10 10 10 10 6 10 6 7 8	Na 4* 1 4 Na Na Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.1 1	2 1 2 1 1 1 1 1 2 2 2 1 2	<1 1 1 0 <1 1 <1 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0 0 4 2	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Herb chicken, mix         2 oz         190         1         0         0         2         2         0         2         0         +           Mediterranean curry, mix         2 oz         190         1         0         0         3         2         0         2         2         +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS Fantastic Foods Organic, dry	loz loz loz loz loz loz loz loz loz loz	100 140 120 140 140 150 160 160 140 160 140 140 150	2 8 3.5 7 7 10 10 10 10 6 10 6 7 8	Na 4* 1 4 Na Na Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.1 1	2 1 2 1 1 1 1 2 2 2 1 2 2 1 2	<1 1 1 0 <1 1 <1 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0 0 4 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Mediterranean curry, mix 2 oz 190 1 0 0 3 2 0 2 2 +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS Fantastic Foods Organic, dry Organic, whole wheat, uncooked	loz loz loz loz loz loz loz loz loz loz	100 140 120 140 140 150 160 160 140 160 140 140 150	2 8 3.5 7 7 10 10 10 10 6 10 6 7 8	Na 4* 1 4 Na Na Na Na Na Na Na Na	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.1 1	2 1 2 1 1 1 1 2 2 2 1 2 2 1 2	<1 1 1 0 <1 1 <1 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0 0 4 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0
,	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, flamin' hot Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS Fantastic Foods Organic, dry Organic, whole wheat, uncooked Near East	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 140 140 140 150	2 8 3.5 7 7 10 10 10 6 10 6 7 8	Na 4* 1 4 Na Na Na Na Na Na Na Na Na O O	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.1 1 1	2 1 2 1 1 1 1 1 2 2 2 1 2	<1 1 1 0 <1 1 <1 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0 0 4 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0
(Indipal pian ping	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS Fantastic Foods Organic, dry Organic, whole wheat, uncooked Near East Herb chicken, mix	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 140 140 140 150	2 8 3.5 7 7 10 10 10 6 10 6 7 8	Na 4* 1 4 Na Na Na Na Na Na Na Na O O	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.1 1	2 1 2 1 1 1 1 1 1 2 2 2 2 1 2 1 1 6 6 6 7 1 6 7 1 6 7 1 7 2 7 1 7 2 7 2 7 2 7 2 7 2 7 2 7 2	<1 1 1 0 <1 1 <1 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0 0 4 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
Original plain, mix 2 oz 220 1 0 0 2 1 0 0 0 +	Doritos, light nacho cheese Doritos, nacho cheese tortilla Doritos, nacho cheese tortilla, baked Doritos, ranchero tortilla Doritos, toasted corn Fritos, bar-b-q Fritos, cheese flavor Fritos, original Herrs, bite size dippers Herrs, corn chips Herrs, nachitos Tostitos, restaurant style tortilla Tostitos, sensations red chile & lime COUSCOUS Fantastic Foods Organic, dry Organic, whole wheat, uncooked Near East Herb chicken, mix Mediterranean curry, mix	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 140 120 140 140 150 160 160 140 140 140 150	2 8 3.5 7 7 10 10 10 6 10 6 7 8	Na 4* 1 4 Na Na Na Na Na Na Na O O	0.5 1.5 0.5 1 1.5 1.5 1.5 1.5 1.5 1.1 1 1 0 0	2 1 2 1 1 1 1 1 1 2 2 2 1 2 1 2 1 1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 1 2 2 1 2 2 1 2 2 1 2	<1 1 1 0 <1 1 <1 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 4 2 4 4 4 4 2 0 0 0 0 4 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Parmesan, mix	2 oz	200	2	0	0.5	3	3	0	2	4	+
Toasted pine nut, mix	2 oz	200	3	0	0.5	2	2	0	2	0	+
CRAB											
Bumble Bee, canned, white	V4 C	40	1	0	0	0	0	0	2	0	0
Bumble Bee, pink, canned	1/4 C	35	0.5	0	0	0	0	Na	2	0	0
Fresh, cooked, blue	1 c	120	2	0	0	0	0	0	2	6	++
Fresh, cooked, Dungeness	3 oz	93	1	0	0	0	0	0	5	5	++
CRACKERS											
Eden Foods, brown rice	8 pcs	120	2	0	0	2	<1	0	2	0	0
Eden Foods, nori maki rice	15 pcs	110	0	0	0	2	0	0	4	0	0
Keebler											
Club, original	4 pcs	70	3	1	1	<1	1	0	0	0	0
Club, reduced fat	5 pcs	70	2.5	1	0.5	<1	2	0	0	0	0
Grahams, cinnamon crisp	8 pcs	130	3.5	1.5	1	1	9	0	10	0	0
Grahams, cinnamon crisp, low-fat	8 pcs	110	1.5	0.5	0	1	9	0	10	0	0
Grahams, honey	8 pcs	140	4	1.5	1	<1	7	0	10	0	0
Grahams, original	8 pcs	130	3.5	1.5	1	<1	7	0	10	0	0
Scooby-Doo graham cracker sticks	9 pcs	130	4	Na	0.5	<1	8	0	10	ō	0
Scooby-Doo graham cracker sticks, honey	9 pcs	130	4	Na	0.5	<1	8	0	10	0	0
Sunshine, Cheez-It, fiesta cheddar nacho	25 pcs	160	8	Na	2.5	<1	10	0	2	0	0
Sunshine, Cheez-It, hot & spicy	25 pcs	150	8	Na	2	<1	0	0	0	0	0
Sunshine, Cheez-It, original	27 pcs	160	8	Na	2	<1	<1	0	4	0	0
Sunshine, Cheez-It, Twisterz cool ranch	17 pcs	140	6	Na	2.5	<1	1	0	0	0	0
Sunshine, Cheez-It, white cheddar	25 pcs	150	8	Na	2.5	<1	0	0	0	0	0
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++
Toasteds, Buttercrisp	5 pcs	80	(g) 3.5	Fats (g) 1.5	Fats (g)	(g) <1	(mg)	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	0,+,+
Toasteds, Buttercrisp Toasteds, onion	5 pcs 5 pcs	80	(g) 3.5 3.5	1.5 1.5	Fats (g)	(g) <1 <1	(mg) 1 2	carotene (mcg) 0 0	(% <b>DV</b> ) 0 0	(% <b>DV</b> ) 0 0	0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame	5 pcs 5 pcs 5 pcs 5 pcs	80 80 80	(g) 3.5 3.5 3.5	1.5 1.5 1.5	Fats (g)  1  1	(g) <1 <1 <1	(mg) 1 2 1	0 0 0	(% <b>DV</b> ) 0 0 0	(% <b>DV)</b> 0 0 0	0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs	80 80 80	(g) 3.5 3.5 3.5 3.5	1.5 1.5 1.5 1.5	Fats (g)  1  1  1  1	(g) <1 <1 <1 <1	(mg) 1 2 1 1	0 0 0 0 0	(%DV) 0 0 0 0	0 0 0 0 0	0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs	80 80 80 80	3.5 3.5 3.5 3.5 3.5	1.5 1.5 1.5 1.5 Na	Fats (g)  1  1  1  1  1.5	(g) <1 <1 <1 <1 <1	(mg) 1 2 1 1 1	0 0 0 0 0 0	(%DV) 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs	80 80 80 80 80	(g) 3.5 3.5 3.5 3.5 3.5 3.5	1.5 1.5 1.5 1.5 Na Na	Fats (g)  1  1  1  1  1.5  1.5	(g) <1 <1 <1 <1 <1	(mg) 1 2 1 1 1 2	0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs	80 80 80 80 80 80	(g) 3.5 3.5 3.5 3.5 3.5 3.6	1.5 1.5 1.5 1.5 Na Na 2	Fats (g)  1  1  1  1  1.5  1.5  1.5	(g) <1 <1 <1 <1 <1 <1 <1 <1 <1 <1	(mg) 1 2 1 1 1 2 4	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 2 pcs 17 pcs 17 pcs	80 80 80 80 80 80 140	(g) 3.5 3.5 3.5 3.5 3.5 3 6 6	1.5 1.5 1.5 1.5 Na Na 2 2.5	Fats (g)  1  1  1  1.5  1.5  1.5  1.5	(g) <1 <1 <1 <1 <1 1	(mg) 1 2 1 1 1 2 4 4	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs	80 80 80 80 80 80 140 140	(g) 3.5 3.5 3.5 3.5 3.5 3 6 6 4	1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5	Fats (g)  1  1  1  1.5  1.5  1.5  1.5  1.5	(g) <1 <1 <1 <1 <1 1 1	(mg) 1 2 1 1 1 2 4 4 5	0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs	80 80 80 80 80 140 140 140	(g) 3.5 3.5 3.5 3.5 3 6 6 4 1.5	1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5	Fats (g)  1  1  1  1.5  1.5  1.5  1.1  1  1  1  1  1  1  1  1  1  1  1	(g) <1 <1 <1 <1 <1 1 1	(mg) 1 2 1 1 1 2 4 4 5 0	0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs	80 80 80 80 80 80 140 140	(g) 3.5 3.5 3.5 3.5 3.5 3 6 6 4	1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5	Fats (g)  1  1  1  1.5  1.5  1.5  1.5  1.5	(g) <1 <1 <1 <1 <1 1 1	(mg) 1 2 1 1 1 2 4 4 5	0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs	80 80 80 80 80 80 140 140 140 60	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5	1 1 1 1.5 1.5 1.5 1.5 1.1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 <1 1 1 <1 <1	(mg) 1 2 1 1 1 2 4 4 5 0 <1	0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 17 pcs 19 pcs 5 pcs 5 pcs	80 80 80 80 80 80 140 140 60 60	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 6 4 1.5 1.5	1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5	1 1 1 1.5 1.5 1.5 1.1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 <1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) 1 2 1 1 1 2 4 4 5 0 <1	0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs	80 80 80 80 80 80 140 140 60 60	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5	1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5	1 1 1 1 1.5 1.5 1.5 1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 <1 <1	(mg) 1 2 1 1 1 2 4 4 5 0 <1	0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 2 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs 10 z 10 z	80 80 80 80 80 80 140 140 60 60	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5	1 1 1 1 1.5 1.5 1.5 1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg)  1  2  1  1  2  4  4  5  0  <1  0  1  3	0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 2 2 4	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000000000000000000000000000000000000000
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs	5 pcs 5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs 10 z 10 z 10 z	80 80 80 80 80 80 140 140 60 60 150 150 140 130	(g) 3.5 3.5 3.5 3.5 3.5 3.5 4 1.5 1.5	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg)  1  2  1  1  2  4  4  5  0  1  3  3	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 2 2 4 6	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	000000000000000000000000000000000000000
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs 1 oz 1 oz 1 oz 1 oz	80 80 80 80 80 80 140 140 140 60 60 150 150 140 130 80	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 Na Na 3	1 1 1 1.5 1.5 1.5 1 1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 1 1 1 1 1 1	(mg)  1  2  1  1  2  4  4  5  0  1  3  3  1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original Ritz, reduced fat	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs 1 oz 1 oz 1 oz 1 oz 1 oz	80 80 80 80 80 80 140 140 140 60 60 150 140 130 80 70	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5 6 7 8 3 4.5 2	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 Na Na 3 Na Na 3 Na	1 1 1 1.5 1.5 1.5 1 1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 1 1 1 1 0 0	(mg)  1  2  1  1  2  4  4  5  0  1  3  3  1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,+) 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original Ritz, reduced fat Ritz, reduced fat Ritz, reduced fat Ritz, Top-ems	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs 1 oz 1 oz 1 oz 1 oz	80 80 80 80 80 80 140 140 140 60 60 150 150 140 130 80	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5 6 7 8 3 4.5 2 3	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 Na Na 3	1 1 1 1.5 1.5 1.5 1.1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 1 1 1 1 1 1	(mg)  1  2  1  1  2  4  4  5  0  1  3  3  1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original Ritz, reduced fat Ritz, reduced fat Ritz, Top-ems Ritz, whole wheat	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 17 pcs 19 pcs 5 pcs 5 pcs 5 pcs 1 oz 1 oz 1 oz 1 oz 1 oz	80 80 80 80 80 80 140 140 140 60 60 150 140 130 80 70	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5 6 7 8 3 4.5 2	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 Na Na 3 Na Na 3 Na	1 1 1 1.5 1.5 1.5 1 1 1 1 1 1 1 1 1 1 1	(g) <1 <1 <1 <1 1 1 1 1 1 1 0 0	(mg)  1  2  1  1  2  4  4  5  0  1  3  3  1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original Ritz, reduced fat Ritz, Top-ems Ritz, whole wheat Triscuit, deli-style rye	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 17 pcs 19 pcs 5 pcs 5 pcs 1 oz	80 80 80 80 80 80 140 140 140 60 60 150 150 130 80 70	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5 6 7 8 3 4.5 2 3	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 0.5 Na Na 3 Na Na Na 2 2.5 1.5 0.5 0.5 0.5	1 1 1 1.5 1.5 1.5 1.1 1 1 1 1 1 1 1 1 1	(g) <  <  <  <  <  <  <  <  <  <  <  <  <	(mg)  1 2 1 1 1 2 4 4 5 0 <1 0 1 3 3 1 1 1 1 0	Carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2 2 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,+) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original Ritz, reduced fat Ritz, Top-ems Ritz, whole wheat Triscuit, deli-style rye Triscuit, garden herb	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs 5 pcs 10 z	80 80 80 80 80 80 140 140 140 60 60 150 150 130 80 70 70	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5 6 7 8 3 4.5 2 3	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 0.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	1 1 1 1.5 1.5 1.5 1 1 1 1 1 1 1 1 1 1 1	(g)	(mg)  1  2  1  1  2  4  4  5  0  <1  1  1  1  1  1  1  1  1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2 2 2 2 2	(%iDV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,+) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Toasteds, Buttercrisp Toasteds, onion Toasteds, sesame Toasteds, wheat Townhouse Bistro, multigrain Townhouse Bistro corn bread Wheatables, honey wheat Wheatables, originals Wheatables, reduced fat Zesta, original Zesta, whole grain wheat Nabisco Cheese Nips, cheddar Cheese Nips, four cheese Ritz Bits, cracker sandwich, peanut butter Ritz, Dinosaurs Ritz, original Ritz, reduced fat Ritz, Top-ems Ritz, whole wheat Triscuit, deli-style rye	5 pcs 5 pcs 5 pcs 5 pcs 2 pcs 2 pcs 17 pcs 19 pcs 5 pcs 5 pcs 10 z 10 z 10 z 10 z 10 z 1/2 0 z	80 80 80 80 80 80 140 140 140 60 60 150 150 140 130 80 70 70 70 120	(g) 3.5 3.5 3.5 3.5 3.5 3.6 6 4 1.5 1.5 6 7 8 3 4.5 2 3 4.5 2 3 4.5 4.5 4.5 4.5 4.5 4.5 4.5 4.5	1.5 1.5 1.5 1.5 1.5 Na Na 2 2.5 1.5 0.5 0.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	1 1 1 1.5 1.5 1.5 1.5 1 1 1 1 0 0.5 0.5 0.5 0.5	(g) <  <  <  <  <  <  <  <  <  <  <  <  <	(mg)  1 2 1 1 1 2 4 4 5 0 <1 0 1 3 3 1 1 1 1 0	Carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	(%DV)  0 0 0 0 0 0 0 0 0 0 0 2 2 4 6 2 2 2 2 0	(%iDV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Wheat Thins, honey	1 oz	140	6	Na	1	1	5	0	2	0	0
Wheat Thins, multigrain	1 oz	130	4.5	Na	0.5	2	3	0	4	0	0
Wheat Thins, original	1 oz	160	7	2	1	1	4	0	2	0	0
Wheat Thins, ranch	1 oz	130	6	Na	1	1	4	0	2	0	0
Wheat Thins, reduced fat	1 oz	130	5	Na	0.5	1	3	0	2	0	0
Pepperidge Farm Goldfish											
Cheddar	89 pcs	140	5	Na	1	1	1	0	4	0	0
Parmesan	60 pcs	130	4	Na	1	1	1	0	6	0	0
Pizza	55 pcs	140	5	Na	1	1	1	0	2	0	0
Pretzel	43 pcs	130	2.5	Na	0.5	1	1	0	0	0	0
CRANBERRY											
Fresh, raw	1 c	51	0	0	0	4	4	34	0	21	0
Sauce, canned, whole berry (S&W)	1/4 C	100	0	0	0	1	17	16	0	0	o
Sauce, canned, jellied	V4 C	100	0	0	0	1	17	16	0	0	0
CRANBERRY BEVERAGES											
Langers, cranberry juice cocktail	8 oz	140	0	0	0	0	32	Na	0	100	0
Langers, diet cranberry	8 oz	30	0	0	0	0	8	Na	20	100	0
Langers, white cranberry	8 oz	120	0	ő	0	0	28	Na	0	100	0
Langers, white cranberry raspberry	8 o z	120	0	0	0	0	28	Na	ő	100	ő
Santa Cruz, cranberry nectar, organic	8 oz	110	0	ő	0	ō	26	Na	2	2	ő
CREAM	002	110				۰	20	Na	-	-	۰
Half & half	1 oz	39	3	1	2	0	0	6	3	0	0
Half & half, fat-free	1 oz	18	0	Ö	0	0	2	i	2	0	0
The second second							-	·	-		
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
		Calories 103									
Heavy whipping cream Light whipping cream	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++
Heavy whipping cream Light whipping cream	Size 1 oz	103	(g)	Fats (g)	Fats (g) 7	(g) 0	(mg)	carotene (mcg)	(%DV)	(%DV)	0,+,++
Heavy whipping cream Light whipping cream CREAMERS (coffee)	Size 1 oz	103	(g)	Fats (g)	Fats (g) 7	(g) 0	(mg) 0 0	carotene (mcg)	(%DV)	(%DV)	0,+,++
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto	1 oz 1 oz	103 83	(g) 11 9	3 1.5	Fats (g) 7 5	0 0	(mg)	carotene (mcg) 21 18	(% <b>DV</b> )	0 0	0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry	1 oz 1 oz 1 oz 1 tbs 1 tbs	103 83 35	(g) 11 9	3 1.5	7 5 0	0 0 0	(mg) 0 0	21 18 0	(%DV) 1 0	0 0 0	0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp	103 83 35 35	(g) 11 9 1.5 1.5	3 1.5 0 0	7 5 0 0	0 0 0 0	0 0 5 5	21 18 0 0	(%DV)  1 0 0 0	0 0 0 0	0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp	103 83 35 35 60 60	(g) 11 9 1.5 1.5 2.5 2.5	3 1.5 0 0 0 0	7 5 0 0 2	0 0 0 0 0	(mg) 0 0 5 5 7 7	21 18 0 0 0	(%DV) 1 0 0 0 0	0 0 0 0 0	0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs	103 83 35 35 60 60 40	(g) 11 9 1.5 1.5 2.5 2.5 1.5	3 1.5 0 0 0 0 Na	Fats (g)  7 5 0 0 2 2 1	0 0 0 0 0 0	(mg) 0 0 5 5 7 7	0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp	103 83 35 35 60 60	(g) 11 9 1.5 1.5 2.5 2.5 1.5 2	3 1.5 0 0 0 0	7 5 0 0 2 2 2	0 0 0 0 0	(mg) 0 0 5 5 7 7	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs	103 83 35 35 60 60 40 45	(g) 11 9 1.5 1.5 2.5 2.5 1.5	3 1.5 0 0 0 0 Na Na	Fats (g)  7 5 0 0 2 2 1 1	0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla CROUTONS	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs	103 83 35 35 60 60 40 45 40	(g) 11 9 1.5 1.5 2.5 2.5 1.5 2	3 1.5 0 0 0 0 Na Na Na	7 5 0 0 2 2 1 1	0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs	103 83 35 35 60 60 40 45 40	11 9 1.5 1.5 2.5 2.5 1.5 2 2 1.5	3 1.5 0 0 0 0 Na Na Na Na	7 5 0 0 0 2 2 1 1 1 1 0 0	0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6 6	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	103 83 35 35 60 60 40 45 40	11 9 1.5 1.5 2.5 2.5 1.5 2 2 1.5 1	9 3 1.5 0 0 0 0 0 Na Na Na Na Na Na Na	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0	0 0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6 6 1	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	103 83 35 35 60 60 40 45 40 35 30 14	11 9 1.5 1.5 2.5 2.5 1.5 2 2 1.5 1 0	S 1.5 0 0 0 0 Na Na Na Na Na Na 0	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6 6 1 1 2	0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	103 83 35 35 60 60 40 45 40 35 30 14 63	11 9 1.5 1.5 2.5 2.5 1.5 2 2 1.5 1 0 0	3 1.5 0 0 0 0 Na Na Na Na O 0	7 5 0 0 0 2 2 1 1 1 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	(mig) 0 0 5 7 7 6 6 6 1 1 2 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid)	1 tbs 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tcs 1 tcs	103 83 35 35 60 60 40 45 40 35 30 14 63 120	111 9 1.5 1.5 2.5 2.5 1.5 2 2 1.5 1 0 0 0 0	3 1.5 0 0 0 0 Na Na Na Na O 0	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 7 7 6 6 6 1 1 2 8 24	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 2 8 9	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped	1 tbs 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tc 1 tc	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35	11 9 1.5 1.5 2.5 2.5 1.5 2 2 2 1.5 1 0 0 0 1	Sats (g) 3 1.5 0 0 0 0 Na Na Na Na 0 0 0 0	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 7 7 6 6 6 1 1 2 8 24 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1 0 0 0 0 0 0 0 0 0 1 3 3 14	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped DATES, pitted, chopped	1 tbs 1 tc 1 tc 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35 80	111 9 1.5 1.5 2.5 2.5 1.5 2 2 2 1.5 1 0 0 0 1 0 0 1 0 0	Na Na Na O O O O O O O O O O O O O O O O	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 7 7 6 6 6 1 1 2 8 24 3 15	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1 0 0 0 0 0 0 0 0 0 1 3 3 14 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped DATES, pitted, chopped Pitted (Dole)	1 tbs 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tc 1 tc	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35	11 9 1.5 1.5 2.5 2.5 1.5 2 2 2 1.5 1 0 0 0 1	Sats (g) 3 1.5 0 0 0 0 Na Na Na Na 0 0 0 0	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 7 7 6 6 6 1 1 2 8 24 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1 0 0 0 0 0 0 0 0 0 1 3 3 14	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped DATES, pitted, chopped Pitted (Dole) DESSERT TOPPINGS	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 6 pcs 6 pcs 6 pcs 1 c 1 c 1 c 1 c 1 c 1 c	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35 80 120	111 9 1.5 1.5 2.5 2.5 1.5 2 2 2 1.5 1 0 0 0 1 0 0 0	Na Na Na O O O O O O O O O O O O O O O O	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 7 7 6 6 6 1 1 2 8 24 3 15 28	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped DATES, pitted, chopped Pitted (Dole) DESSERT TOPPINGS Cool Whip, French vanilla	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tc 1 c 1 c 1 c 1 oz 1 c 1 oz 1 oz 1 oz 1	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35 80 120	1.5 1.5 1.5 2.5 2.5 2.5 1.5 2 2 1.5 1 0 0 0	Na Na Na O O O O O O O O O O O O O O O O	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 1.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6 6 1 1 2 8 24 3 15 28	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1 0 0 0 0 0 0 0 0 0 0 1 3 3 14 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped DATES, pitted, chopped Pitted (Dole) DESSERT TOPPINGS Cool Whip, French vanilla Cool Whip, French vanilla	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tc 1 c 1 c 1 c 1 c 1 oz 1 c 1 oz 1 c 9 g 9 g	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35 80 120	1.5 1.5 1.5 2.5 2.5 2.5 1.5 2 2 1.5 1 0 0 0	Na Na Na O O O O O O O O O O O O O O O O	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 1.5 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6 6 1 1 2 8 24 3 15 28	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1 0 0 0 0 0 0 0 0 0 0 1 3 3 14 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Heavy whipping cream Light whipping cream CREAMERS (coffee) Coffee-Mate, liquid, amaretto Coffee-Mate, liquid, chocolate raspberry Coffee-Mate, powder, coconut cream Coffee-Mate, powder, creamy chocolate International Delight, amaretto International Delight, chocolate caramel International Delight, French vanilla CROUTONS Pepperidge Farm, Classic Caesar Pepperidge Farm, four cheese & garlic CUCUMBER, raw, sliced, peeled CURRANTS, raw, sliced, peeled CURRANTS, raw, red & white Zante (Sun-Maid) DANDELION GREENS, cooked, chopped DATES, pitted, chopped Pitted (Dole) DESSERT TOPPINGS Cool Whip, French vanilla	1 oz 1 oz 1 oz 1 tbs 1 tbs 4 tsp 4 tsp 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tc 1 c 1 c 1 c 1 oz 1 c 1 oz 1 oz 1 oz 1	103 83 35 35 60 60 40 45 40 35 30 14 63 120 35 80 120	1.5 1.5 1.5 2.5 2.5 2.5 1.5 2 2 1.5 1 0 0 0	Na Na Na O O O O O O O O O O O O O O O O	7 5 0 0 0 2 2 1 1 1 1 0 0 0 0 0 0 0 0 0 0 1.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 5 5 7 7 6 6 6 1 1 2 8 24 3 15 28	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1 0 0 0 0 0 0 0 0 0 0 1 3 3 14 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Smucker's Dove dark chocolate	2 tbs	130	4.5	Na	1.5	1	18	0	0	0	0
Smucker's sundae syrup, caramel	2 tbs	100	0	0	0	0	20	0	0	0	0
Smucker's sundae syrup, strawberry	2 tbs	110	0	0	0	0	23	0	0	0	0
Smucker's special recipe hot fudge	2 tbs	140	4	Na	1	<1	16	0	6	0	0
DIPS											
Kraft, creamy ranch	1 oz	60	4.5	Na	3	0	1	0	0	0	0
Kraft, French onion	1 oz	60	4.5	Na	3	0	1	0	0	0	0
Kraft, guacamole	1 oz	50	4.5	Na	2.5	0	1	0	0	0	0
Lay's, creamy ranch	2 tbs	60	5	Na	2.5	0	0	0	0	0	0
DUCK											
Roasted w/skin, diced	1 c	472	40	18	14	0	0	0	1	0	+
Roasted, without skin, diced	1 c	281	16	5	6	0	0	0	1	0	+
EGGS											
Chicken, whole, raw, large	1	73	5	2	2	0	0	5	2	0	+
Chicken, white only, large	1	17	0	0	0	0	0	0	0	0	0
Chicken, yolk only, large	1	55	5	2	2	0	0	15	2	0	0
Chicken, whole, hard boiled, large	1	77	5	2	2	0	1	5.5	2	0	0
Chicken, whole, poached, large	1	73	5	2	2	0	0	5	2	0	+
Duck, whole, fresh	1	129	10	4.5	3	0	1	10	4	0	+
Goose, whole, fresh	1	266	19	8	5	0	1	19	8	0	++
Quail, whole, fresh	1	14	1	0	0	0	0	1	0	0	0
EGG SUBSTITUTES	-								-	-	-
Ener-G-Egg	11/2 tsp	15	0	0	0	0	0	0	0	0	0
Morningstar Scramblers	V4 C	35	0	ő	0	ō	0	Na	2	0	+
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
				0	_		-				
EGGPLANT, boiled, no salt, cubes	1 c	34	0	0	0	2	3	21	0	2	0
EGGPLANT, boiled, no salt, cubes ENDIVE, raw, chopped	1 c 1 c	34 8	0	0	0	2	0	21 750	0 2	2 4	0
ENDIVE, raw, chopped FAST FOOD, Arby's											
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich	1 c	8	0	0	0	2	0	750	2	4	0
ENDIVE, raw, chopped FAST FOOD, Arby's	1 c	8 300	0	0 Na	0 5.5	2	0	750 Na	6	4 0	0 Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing	1 c	8 300 250	0 12 15	0 Na Na	0 5.5 10	1 2	0 5 15	750 Na 0	2 6 1	4 0 3	0 Na 0
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich	1 c 1 1 1 1	300 250 340	0 12 15 21	0 Na Na Na	0 5.5 10 6	2 1 2 1	0 5 15 3	750 Na 0 0	6 1 3	4 0 3 0	0 Na 0 Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit	1 c 1 1 1 1 1	300 250 340 520	0 12 15 21 27	Na Na Na Na	0 5.5 10 6 11	1 2 1 2	0 5 15 3 9	750 Na 0 0	6 1 3 8	4 0 3 0 3	Na 0 Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich	1 c 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	300 250 340 520 337	0 12 15 21 27 22	O Na Na Na Na	0 5.5 10 6 11 10	1 2 1 2 1	0 5 15 3 9	750 Na 0 0 0	2 6 1 3 8 4	4 0 3 0 3 2	O Na O Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing	1 1 1 1 1 1 1	300 250 340 520 337 440	0 12 15 21 27 22 21	Na Na Na Na Na Na	0 5.5 10 6 11 10 9	1 2 1 2 1 2	0 5 15 3 9 3 8	750 Na 0 0 0 0	2 6 1 3 8 4 8	4 0 3 0 3 2 2	Na O Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich	1 c 1 1 1 1 1 1 1 pkt	300 250 340 520 337 440 325 576	0 12 15 21 27 22 21 30 30	O Na Na Na Na Na Na Na	0 5.5 10 6 11 10 9 6	1 2 1 2 1 2 0 3	0 5 15 3 9 3 8 2	750 Na 0 0 0 0 0	6 1 3 8 4 8 4	4 0 3 0 3 2 2 1 9	O Na O Na Na Na Na O Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich	1 c 1 1 1 1 1 1 1 pkt 1	8 300 250 340 520 337 440 325 576 410	0 12 15 21 27 22 21 30 30	O Na Na Na Na Na Na Na Na	5.5 10 6 11 10 9 6	1 2 1 2 1 2 0 3 2	5 15 3 9 3 8 2 11 6	750 Na 0 0 0 0 0 0	6 1 3 8 4 8 4 17 8	4 0 3 0 3 2 2 1 9	O Na O Na Na Na O Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken tenders, 3 pack	1 c 1 1 1 1 1 1 pkt 1 1 1 pkt	8 300 250 340 520 337 440 325 576 410 379	0 12 15 21 27 22 21 30 30 17	O Na Na Na Na Na Na Na Na Na	5.5 10 6 11 10 9 6 6 3 4	2 1 2 1 2 1 2 0 3 2 2	0 5 15 3 9 3 8 2 11 6	750 Na 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22	4 0 3 0 3 2 2 1 9 18	O Na Na Na Na Na O Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack	1 c 1 1 1 1 1 1 pkt 1 1 pkt 1 pkt	8 300 250 340 520 337 440 325 576 410 379 630	0 12 15 21 27 22 21 30 30 17 18	O Na Na Na Na Na Na Na Na Na	5.5 10 6 11 10 9 6 6 3 4 7	1 2 1 2 1 2 0 3 2	5 15 3 9 3 8 2 11 6 0	750 Na 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37	4 0 3 0 3 2 2 1 9 18 1	O Na O Na Na Na O Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken salad sandwich w/pecans	1 c 1 1 1 1 1 1 pkt 1 1 pkt 1 pkt	8 300 250 340 520 337 440 325 576 410 379 630 769	0 12 15 21 27 22 21 30 30 17 18 31	O Na Na Na Na Na Na Na Na Na Na	5.5 10 6 11 10 9 6 6 3 4 7	1 2 1 2 1 2 0 3 2 2 2 3 1	0 5 15 3 9 3 8 2 11 6 0 0	750 Na 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8	4 0 3 0 3 2 2 1 9 18 1 2 50	O Na O Na Na Na O Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken salad sandwich w/pecans Corned beef reuben	1 c 1 1 1 1 1 1 pkt 1 1 pkt 1 pkt	8 300 250 340 520 337 440 325 576 410 379 630 769 606	0 12 15 21 27 22 21 30 30 17 18 31 39 33	O Na Na Na Na Na Na Na Na Na Na Na	5.5 10 6 11 10 9 6 6 3 4 7	1 2 1 2 1 2 0 3 2 2 2 3	5 15 3 9 3 8 2 11 6 0	750 Na 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37	4 0 3 0 3 2 2 1 9 18 1	O Na Na Na Na Na O Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries	1 c 1 1 1 1 1 1 pkt 1 1 pkt 1 pkt 1 pkt 1 pkt	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20	O Na Na Na Na Na Na Na Na Na Na Na Na	0 5.5 10 6 11 10 9 6 6 6 3 4 7 10 10 10 6	1 2 1 2 0 3 2 2 2 3 1 3 4	0 5 15 3 9 3 8 2 11 6 0 0	750 Na 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8	O Na O Na Na Na O Na Na Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries Curly fries	1 c  1 1 1 1 1 1 pkt 1 1 pkt 1 pkt 1 Small Medium	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340 410	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20 24	O Na	5.5 10 6 11 10 9 6 6 3 4 7 10 10 6.5 8.5	2 1 2 1 2 0 3 2 2 3 1 3 4 5	5 15 3 9 3 8 2 11 6 0 0	750 Na 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4 5	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8 10	O Na O Na Na Na O Na Na Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries Curly fries Curly fries	1 c 1 1 1 1 1 pkt 1 1 pkt 1 pkt 1 pkt 1 Small Medium Large	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340 410 630	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20 24 37	O Na	0 5.5 10 6 11 10 9 6 6 3 4 7 10 10 6.5 8.5	2 1 2 1 2 0 3 2 2 3 1 3 4 5 7	5 15 3 9 3 8 2 11 6 0 0 0 0 0	750 Na 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4 5 8	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8 10 16	O Na Na Na Na Na Na Na Na Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries Curly fries Curly fries Hot ham & swiss melt sandwich	1 c  1 1 1 1 1 1 pkt 1 1 pkt 1 Small Medium Large 1	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340 410 630 275	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20 24 37 6	O Na	0 5.5 10 6 11 10 9 6 6 3 4 7 10 10 6.5 8.5 13 2	2 1 2 1 2 0 3 2 2 3 1 3 4 5 7 1	0 5 15 3 9 3 8 2 11 6 0 0 0 17 6 0 0 0 6	750 Na 0 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4 5 8	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8 10 16 1	O Na Na Na Na Na Na Na Na Na Na Na Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries Curly fries Curly fries Hot ham & swiss melt sandwich Jalapeno bites, regular	1 c  1 1 1 1 1 1 pkt 1 1 pkt 1 Small Medium Large 1 5	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340 410 630 275 275	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20 24 37 6	O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 5.5 10 6 11 10 9 6 6 3 4 7 10 10 6.5 8.5 13 2	1 2 1 2 0 3 2 2 3 1 3 3 4 5 5 7 1 1 1	0 5 15 3 9 3 8 2 11 6 0 0 0 17 6 0 0 0 6 6	750  Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4 5 8 15 6	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8 10 16 1	O Na O Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tender, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries Curly fries Curly fries Hot ham & swiss melt sandwich Jalapeno bites, regular Jr. roast beef sandwich	1 c  1 1 1 1 1 1 pkt 1 1 pkt 1 Small Medium Large 1 5	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340 410 630 275 275 270	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20 24 37 6 6	O Na	0 5.5 10 6 11 10 9 6 6 3 4 7 10 6.5 8.5 13 2 2 4.5	1 2 1 2 0 3 2 2 3 3 1 3 4 4 5 5 7 1 1 1 1	5 15 3 9 3 8 2 11 6 0 0 17 6 0 0 0 6 6 6 5	750  Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4 5 8 15 6 5	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8 10 16 1	O Na O Na Na Na O Na
ENDIVE, raw, chopped FAST FOOD, Arby's Arby's Melt sandwich Apple turnover, no icing Bacon biscuit Bacon, beef & cheddar sandwich Bacon & egg croissant Beef & cheddar sandwich Buttermilk ranch dressing Chicken breast fillet, crispy, sandwich Chicken breast fillet, grilled, sandwich Chicken tenders, 3 pack Chicken tender, 5 pack Chicken salad sandwich w/pecans Corned beef reuben Curly fries Curly fries Curly fries Hot ham & swiss melt sandwich Jalapeno bites, regular	1 c  1 1 1 1 1 1 pkt 1 1 pkt 1 Small Medium Large 1 5	8 300 250 340 520 337 440 325 576 410 379 630 769 606 340 410 630 275 275	0 12 15 21 27 22 21 30 30 17 18 31 39 33 20 24 37 6	O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 5.5 10 6 11 10 9 6 6 3 4 7 10 10 6.5 8.5 13 2	1 2 1 2 0 3 2 2 3 1 3 3 4 5 5 7 1 1 1	0 5 15 3 9 3 8 2 11 6 0 0 0 17 6 0 0 0 6 6	750  Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 6 1 3 8 4 8 4 17 8 22 37 8 36 4 5 8 15 6	4 0 3 0 3 2 2 1 9 18 1 2 50 5 8 10 16 1	O Na O Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Loaded potato bites, large	10 pcs	707	44	Na	17	5	0	0	37	41	Na
Mozzarella sticks, regular	4 pcs	426	28	Na	15	2	5	0	38	1	Na
Onion petals, regular	1	330	23	Na	5	2	7	0	2	1	Na
Roast beef, regular sandwich	1	320	14	Na	6	1	5	0	5	0	Na
Roast beef, medium sandwich	1	415	21	Na	10	2	5	0	6	0	Na
Roast beef, large sandwich	1	550	28	Na	14	3	6	0	7	0	Na
Roast turkey, ranch & bacon wrap	1	700	37	Na	12	3	4	0	1	14	Na
Salad: chicken club, no dressing	1	500	26	Na	10	5	4	0	38	60	Na
Salad: Martha's Vineyard, no dressing	1	270	8	Na	4	4	16	0	19	57	Na
Salad: Santa Fe, no dressing	1	500	23	Na	10	6	5	0	41	62	Na
Sausage biscuit	1	436	27	Na	9	1	3	0	3	0	Na
Sausage, egg & cheese wrap	1	688	45	Na	17	2	3	0	32	2	Na
Shake: chocolate, regular	1	510	13	Na	8	0	81	0	51	9	Na
Ultimate BLT sandwich	1	780	45	Na	12	6	18	0	16	28	Na
FAST FOOD, Baskin Robbins											
Black walnut	1/2 C	280	19	Na	9	1	23	0	15	2	0
Cherries jubilee	1/2 €	240	12	Na	7	1	26	0	15	2	0
Chocolate	1/2 C	260	14	Na	9	0	31	0	15	2	0
Chocolate almond	1/2 C	300	18	Na	9	1	29	0	15	2	0
Chocolate chip cookie dough	1/2 C	290	15	Na	10	1	30	0	15	2	0
Chocolate chip	1/2 C	270	16	Na	10	i	26	ō	15	2	0
Chocolate oreo	1/2 C	330	19	Na	9	i	32	0	15	2	0
French vanilla	1/2 C	280	18	Na	11.5	ò	25	ō	15	2	ō
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Fudge brownie		300	(g) 19		Fats (g)	(g)	(mg) 31	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	0,+,++)
	Size	300 300	(g) 19 16	Fats (g) Na Na	Fats (g) 11 9	(g) 1	(mg) 31 35	carotene (mcg) 0 0	(% <b>DV</b> ) 10 15	(%DV) 2 2	( <b>0,+,++)</b> 0 0
Fudge brownie	Size ⅓ c	300	(g) 19	Fats (g) Na	Fats (g)	(g)	(mg) 31	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	( <b>0,+,++)</b> ()
Fudge brownie German chocolate cake	Size 1/2 C 1/2 C	300 300	(g) 19 16	Fats (g) Na Na	Fats (g) 11 9	(g) 1	(mg) 31 35	0 0 0 0 0	(% <b>DV</b> ) 10 15	(%DV) 2 2 2 2 2	0,+,++) 0 0
Fudge brownie German chocolate cake Jamoca	V2 C V2 C V2 C V2 C	300 300 240	(g) 19 16 13	Fats (g) Na Na Na	Fats (g) 11 9 9	(g) 1 1 0	(mg) 31 35 24	0 0 0	10 15 15	(%DV) 2 2 2	0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip	Size 1/2 C 1/2 C 1/2 C 1/2 C	300 300 240 270	(g) 19 16 13 16	Fats (g) Na Na Na Na Na	Fats (g) 11 9 9 10	(g) 1 1 0 1	(mg) 31 35 24 26	0 0 0 0 0	(% <b>DV</b> ) 10 15 15 15	(%DV) 2 2 2 2 2	0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut	Size  1/2 C  1/2 C  1/2 C  1/2 C  1/2 C  1/2 C	300 300 240 270 300	(g) 19 16 13 16 20	Rats (g) Na Na Na Na Na Na	Fats (g)  11  9  10  9	(g) 1 1 0 1	31 35 24 26 27	0 0 0 0 0 0	(% <b>DV</b> ) 10 15 15 15 15	2 2 2 2 2 2	0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream	% C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	300 300 240 270 300 280	(g) 19 16 13 16 20 15	Na Na Na Na Na Na Na Na	Fats (g)  11  9  10  9	(g) 1 1 0 1 1 1	31 35 24 26 27 27	0 0 0 0 0 0 0	10 15 15 15 15 15	2 2 2 2 2 2 2 2	0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate	% C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	300 300 240 270 300 280 320	(g) 19 16 13 16 20 15 20	Na Na Na Na Na Na Na Na Na Na	Fats (g)  11  9  10  9  9  9  9  9	(g) 1 1 0 1 1 1	31 35 24 26 27 27 28	0 0 0 0 0 0 0 0	10 15 15 15 15 15 15	(%DV) 2 2 2 2 2 2 2 2 2	0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond	1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	300 300 240 270 300 280 320 290	(g) 19 16 13 16 20 15 20 19	Na Na Na Na Na Na Na Na Na Na	Fats (g)  11  9  10  9  9  9  9  9	(g) 1 1 0 1 1 1 1	31 35 24 26 27 27 28 23	0 0 0 0 0 0 0 0 0	(%DV)  10 15 15 15 15 15 15 15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream	1/2 C	300 300 240 270 300 280 320 290 270	(g) 19 16 13 16 20 15 20 19	Na Na Na Na Na Na Na Na Na Na Na	Fats (g)  11  9  10  9  9  10  9  8	(g) 1 1 0 1 1 1 1 1 0 0 0 0 0 0 0 0 0 0 0	31 35 24 26 27 27 28 23 33	0 0 0 0 0 0 0 0 0	(%DV)  10 15 15 15 15 15 15 15 15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road	1/2 C	300 300 240 270 300 280 320 290 270 290	(g) 19 16 13 16 20 15 20 19 14	Na Na Na Na Na Na Na Na Na Na Na Na	11 9 9 10 9 9 9 9 9 8 8 8 8	(g) 1 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) 31 35 24 26 27 27 28 23 33 32	0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla	% c % c % c % c % c % c % c % c % c % c	300 300 240 270 300 280 320 290 270 290 260	(g) 19 16 13 16 20 15 20 19 14 15	Na Na Na Na Na Na Na Na Na Na Na Na Na N	11 9 9 10 9 9 9 9 8 8 8 10.5	(g) 1 1 0 1 1 1 1 1 1 0 1 0 0 0 0 0 0 0 0	(mg) 31 35 24 26 27 27 28 23 33 32 26	0 0 0 0 0 0 0 0 0 0 0	(% <b>0V</b> )  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry	% c % c % c % c % c % c % c % c % c % c	300 300 240 270 300 280 320 290 270 290 260	(g) 19 16 13 16 20 15 20 19 14 15	Na Na Na Na Na Na Na Na Na Na Na Na Na N	11 9 9 10 9 9 9 9 8 8 8 10.5	(g) 1 1 0 1 1 1 1 1 1 0 1 0 0 0 0 0 0 0 0	(mg) 31 35 24 26 27 27 28 23 33 32 26	0 0 0 0 0 0 0 0 0 0 0	(% <b>0V</b> )  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas	% C 1/2 C	300 300 240 270 300 280 320 290 270 290 260 220	(g) 19 16 13 16 20 15 20 19 14 15 16	Fats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	Fats (g)  11  9  9  10  9  9  9  8  8  10.5  7	(g) 1 1 0 1 1 1 1 1 0 1 0 0 0 0	(mg) 31 35 24 26 27 27 28 23 33 32 26 27	0 0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream	% C 1/2 C	300 300 240 270 300 280 320 290 270 290 260 220	(g) 19 16 13 16 20 15 20 19 14 15 16 11	Fats (g)  Na	Fats (g)  11 9 9 10 9 9 9 9 8 8 10.5 7	(g) 1 1 0 1 1 1 1 0 1 1 0 0 1 1 1 1 1 1 1	(mg) 31 35 24 26 27 27 28 23 33 32 26 27	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 5 0 50	(0,+,++) 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle	% C % C % C % C % C % C % C % C % C % C	300 300 240 270 300 280 320 290 270 290 260 220	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2	Na Na Na Na Na Na Na Na Na Na Na Na Na N	Fats (g)  11 9 9 10 9 9 9 9 8 8 10.5 7	(g) 1 1 0 1 1 1 1 0 1 1 1 0 1 1 0 1 0 0 1 1 0 0	(mg) 31 35 24 26 27 27 28 23 33 32 26 27 7 7	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle Chocolate chip	% C % C % C % C % C % C % C % C % C % C	300 300 240 270 300 280 320 290 270 290 260 220 110 130 160 170	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2	Na N	111 9 9 10 9 9 9 9 8 8 8 10.5 7 1 1 3 3.5	(g) 1 1 0 1 1 1 1 0 1 1 0 1 1 0 1 0 1	(mg) 31 35 24 26 27 27 28 23 33 32 26 27 7 7 8	0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle	% C % C % C % C % C % C % C % C % C % C	300 300 240 270 300 280 320 290 270 290 260 220	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2	Na Na Na Na Na Na Na Na Na Na Na Na Na N	Fats (g)  11 9 9 10 9 9 9 9 8 8 10.5 7	(g) 1 1 0 1 1 1 1 0 1 1 1 0 1 1 0 1 0 0 1 1 0 0	(mg) 31 35 24 26 27 27 28 23 33 32 26 27 7 7	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle Chocolate chip Tin roof sundae Sundaes	% C % C % C % C % C % C % C % C % C % C	300 300 240 270 300 280 320 290 270 290 260 220 110 130 160 170	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2	Na N	111 9 9 10 9 9 9 9 8 8 8 10.5 7 1 1 3 3.5	(g) 1 1 0 1 1 1 1 0 1 1 0 1 1 0 1 0 1	(mg) 31 35 24 26 27 27 28 23 33 32 26 27 7 7 8	0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10  15  15  15  15  15  15  15  15  15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle Chocolate chip Tin roof sundae Sundaes 2 scoop hot fudge sundae	Size	300 300 240 270 300 280 320 290 270 290 260 220 110 130 160 170 190	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2 4 4,5 3	Na N	Fats (g)  11 9 9 10 9 9 9 9 8 8 10.5 7 1 1 3 3.5 1.5	(g) 1 1 0 1 1 1 1 0 0 0 0	(mg) 31 35 24 26 27 28 23 33 32 26 27 7 7 8 9	0 0 0 0 0 0 0 0 0 0 0 0 0	(%iDV)  10 15 15 15 15 15 15 15 15 15 15 15 15 15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle Chocolate chip Tin roof sundae Sundaes 2 scoop hot fudge sundae 3 scoop hot fudge sundae	りな C りな C りな C りな C りな C りな C りな C りな C	300 300 240 270 300 280 320 290 270 290 260 220 110 130 160 170 190	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2 4 4,5 3	Na N	Fats (g)  11 9 9 10 9 9 9 8 8 10.5 7 1 1 3 3.5 1.5	(g) 1 1 0 1 1 1 1 0 0 0 1 1 0 0	(mg) 31 35 24 26 27 28 23 33 32 26 27 7 7 8 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10 15 15 15 15 15 15 15 15 15 15 15 15 15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fudge brownie German chocolate cake Jamoca Mint chocolate chip Nutty coconut Oreo cookies cream Peanut butter & chocolate Pistachio almond Praline & cream Rocky road Vanilla Very berry strawberry Low-Fat, No Sugar Added Ice Cream Berries & bananas Blueberry swirl Caramel turtle Chocolate chip Tin roof sundae Sundaes 2 scoop hot fudge sundae	Size	300 300 240 270 300 280 320 290 270 290 260 220 110 130 160 170 190	(g) 19 16 13 16 20 15 20 19 14 15 16 11 2 2 4 4.5 3	Na N	Fats (g)  11 9 9 10 9 9 9 8 8 10.5 7 1 1 3 3.5 1.5	(g) 1 1 0 1 1 1 1 0 0 0 1 1 1 0 0 1 1 1 0 0 0 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 31 35 24 26 27 27 28 23 33 32 26 27 7 7 8 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  10 15 15 15 15 15 15 15 15 15 15 15 15 15	(%DV) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Non-fat soft serve yogurt, no sugar added											
Butter pecan	1/2 C	90	0	0	0	1	6	0	15	2	0
Café mocha	¹/₂ <b>c</b>	90	0	0	0	1	7	0	15	2	0
Chocolate	½ c	80	0	0	0	0	6	0	15	2	0
Strawberry patch	½ c	90	0	0	0	1	6	0	15	2	0
Vanilla	½ c	90	0	0	0	1	6	0	15	2	0
Sherbet											
Blue raspberry	1/2 C	160	2	Na	1.5	0	34	0	4	2	0
Rock & pop	V2 C	190	4	Na	3	0	36	0	4	0	0
Twisted chip	1/2 C	180	3	Na	1	0	36	0	4	4	0
Wild & reckless spirit	1/2 C	160	2	Na	1.5	0	33	0	6	0	0
FAST FOOD, Burger King											
BK Big fish sandwich	1	630	30	Na	8.5	4	8	0	10	2	Na
BK Big fish sandwich, w/o tartar sauce	1	470	13	Na	5	3	7	0	10	0	Na
BK Chicken fries	9 pcs	470	31	Na	10.5	3	2	0	2	2	Na
BK Veggie burger	i	420	4.5	Na	2.5	7	8	0	15	10	Na
Chicken tenders	8 pcs	340	20	Na	8	<1	<1	0	2	0	Na
Croisan'wich w/ham, egg, cheese	1	340	18	Na	8	<1	6	0	15	0	Na
Double Croisan'wich w/double sausage	1	680	51	Na	21	<1	6	0	25	0	Na
Double Whopper	1	900	57	Na	21	3	11	0	15	15	Na
Double Whopper w/cheese	1	990	64	Na	26.5	3	11	0	30	15	Na
Dutch apple pie	1	300	13	Na	6	1	23	0	0	0	Na
Enormous omelet sandwich	1	730	46	Na	18	0	<1	0	30	0	Na
French fries	Medium	360	20	Na	9	4	1	ō	2	15	+*
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
7000	Size	Calories	(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
French toast sticks		390						carotene (mcg)	( <b>%DV</b> )		
French toast sticks Garden salad, side	Size	390 15	(g) 20 0	Fats (g)	Fats (g) 9 0	(g) 2 1	(mg) 11 <1	oarotene (mcg) 0 Na	(% <b>DV</b> ) 6 2	( <b>%DV</b> ) 0 10	(0,+,++) Na 0
French toast sticks Garden salad, side Hash browns	5 1 1 serv	390 15 230	(g) 20 0 15	Fats (g) 10*	9 0 9	(g) 2 1 2	(mg) 11 <1 0	0 Na 0	( <b>%DV</b> )	0 10 2	(0,+,++) Na 0 Na
French toast sticks Garden salad, side Hash browns Onion rings	5 1 1 serv Medium	390 15 230 320	(g) 20 0 15 16	Fats (g) 10* 0 na Na	9 0 9 7.5	(g) 2 1 2 3	(mg) 11 <1 0 5	0 Na 0 0	6 2 0 10	0 10 2 0	(0,+,++) Na 0 Na Na
French toast sticks Garden salad, side Hash browns	5 1 1 serv Medium Medium	390 15 230 320 660	(g) 20 0 15 16 19	10* 0 na	9 0 9 7.5 12	(g) 2 1 2 3 0	(mg) 11 <1 0 5 109	O Na 0 0 0 0	6 2 0 10 45	0 10 2 0 6	(0,+,++) Na 0 Na Na Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla	5 1 1 serv Medium	390 15 230 320	(g) 20 0 15 16	Fats (g) 10* 0 na Na	9 0 9 7.5	(g) 2 1 2 3	(mg) 11 <1 0 5	O Na O O O O	6 2 0 10	0 10 2 0	(0,+,++) Na 0 Na Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich	5 1 1 serv Medium Medium	390 15 230 320 660	(g) 20 0 15 16 19 21 43	10* 0 na Na Na	9 0 9 7.5 12 13.5 12	(g) 2 1 2 3 0 0 2	(mg) 11 <1 0 5 109 77 2	0 Na 0 0 0 0	6 2 0 10 45 50 2	0 10 2 0 6 6 2	(0,+,++) Na 0 Na Na Na Na Na Na Na Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad	5 1 1 serv Medium Medium Medium	390 15 230 320 660 560	(g) 20 0 15 16 19 21 43 21	10* 0 na Na Na Na	9 0 9 7.5 12 13.5	(g) 2 1 2 3 0 0	(mg) 11 <1 0 5 109 77 2 5	0 Na 0 0 0 0 0	6 2 0 10 45 50 2 20	0 10 2 0 6 6	Na O Na Na Na Na Na Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich	5 1 1 1 serv Medium Medium Medium	390 15 230 320 660 560 780	(g) 20 0 15 16 19 21 43 21	10* 0 na Na Na Na Na Na	9 0 9 7.5 12 13.5 12 8.5 2	(g) 2 1 2 3 0 0 2 5 4	(mg) 11 <1 0 5 109 77 2 5 9	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 2 0 10 45 50 2 20 8	(%DV) 0 10 2 0 6 6 2 65 10	(0,+,++)  Na  O  Na  Na  Na  Na  Na  Na  Na  Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich	5 1 1 1 serv Medium Medium Medium 1 1	390 15 230 320 660 560 780 400	(g) 20 0 15 16 19 21 43 21 10 74	10* 0 na Na Na Na Na Na Na	9 0 9 7.5 12 13.5 12 8.5 2 30	(g) 2 1 2 3 0 0 2 5 4 3	(mg) 11 <1 0 5 109 77 2 5 9 11	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15	0 10 2 0 6 6 2 65 10	(0,+,++)  Na  0  Na  Na  Na  Na  Na  Na  Na  Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich w/cheese	5 1 1 serv Medium Medium Medium 1 1 1	390 15 230 320 660 560 780 400 450 1130	20 0 15 16 19 21 43 21 10 74 82	10* 0 na Na Na Na Na Na Na Na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5	(g) 2 1 2 3 0 0 2 5 4 3 3	(mg) 11 <1 0 5 109 77 2 5 9 11 11	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 2 0 10 45 50 2 20 8 15 30	0 10 2 0 6 6 2 65 10 15	(0.+.++)  Na  O  Na  Na  Na  Na  Na  Na  Na  Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper sandwich	5 1 1 serv Medium Medium Medium 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130	(g) 20 0 15 16 19 21 43 21 10 74	Pats (g)  10*  0  na  Na  Na  Na  Na  Na  Na  Na  Na	9 0 9 7.5 12 13.5 12 8.5 2 30	(g) 2 1 2 3 0 0 2 5 4 3 3 3	(mg) 11 <1 0 5 109 77 2 5 9 11	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 2 0 10 45 50 2 20 8 15 30 15	0 10 2 0 6 6 2 65 10 15 15	(0.+.++)  Na  O  Na  Na  Na  Na  Na  Na  Na  Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich w/cheese	5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130	20 0 15 16 19 21 43 21 10 74 82	Pats (g) 10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5	(g) 2 1 2 3 0 0 2 5 4 3 3	(mg) 11 <1 0 5 109 77 2 5 9 11 11	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 2 0 10 45 50 2 20 8 15 30	0 10 2 0 6 6 2 65 10 15	(0.+.++)  Na  O  Na  Na  Na  Na  Na  Na  Na  Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich	5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130 1230 670	20 0 15 16 19 21 43 21 10 74 82 39	Pats (g) 10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5	(g) 2 1 2 3 0 0 2 5 4 3 3 3	(mig) 11 <1 0 5 109 77 2 5 9 11 11	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 2 0 10 45 50 2 20 8 15 30 15	0 10 2 0 6 6 2 65 10 15 15	(0.+.++)  Na  O  Na  Na  Na  Na  Na  Na  Na  Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper sandwich Whopper sandwich Whopper jr sandwich	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130 1230 670 370	20 0 15 16 19 21 43 21 10 74 82 39 21	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5	(g) 2 1 2 3 0 0 2 5 4 3 3 3 3 2	(mig) 11 <1 0 5 109 77 2 5 9 11 11 11 6	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8	0 10 2 0 6 6 6 2 65 10 15 15 15	Na O Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130 1230 670 370	20 0 15 16 19 21 43 21 10 74 82 39 21	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5	(g) 2 1 2 3 0 0 2 5 4 3 3 3 3 2	(mig) 11 <1 0 5 109 77 2 5 9 11 11 11 6	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8	0 10 2 0 6 6 6 2 65 10 15 15 15	Na O Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper jr Sandwich w/cheese FAST FOOD, Church's Chicken	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410	(g) 20 0 15 16 19 21 43 21 10 74 82 39 21 24	Fats (g)  10*  0  na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9	(g) 2 1 2 3 0 0 2 5 4 3 3 3 2 2	(mig) 11 <1 0 5 109 77 2 5 9 11 11 6 6	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15	(%DV) 0 10 2 0 6 6 2 65 10 15 15 6 6	Na O Na Na Na Na Na Na Na Na Na Na Na Na Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper jr Sandwich	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410	(g) 20 0 15 16 19 21 43 21 10 74 82 39 21 24	Fats (g)  10*  0  na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9	(g) 2 1 2 3 0 0 2 5 4 3 3 3 2 2	(mig)  11  <1 0 5 109 77 2 5 9 11 11 6 6	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15	0 10 2 0 6 6 2 65 10 15 15 15 6 6	Na O Na Na Na Na Na Na Na Na Na Na Na Na Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper sandwich Whopper jr sandwich Church's Chicken Apple pie Cajun rice, regular	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 Regular	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410	(g) 20 0 15 16 19 21 43 21 10 74 82 39 21 24	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9	(g) 2 1 2 3 0 0 2 5 4 3 3 3 2 2	(mig)  11  <1 0 5 109 77 2 5 9 11 11 6 6 15 0	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15 0 0	0 10 2 0 6 6 2 65 10 15 15 15 6 6	Na O Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Chicken Apple pie Cajun rice, regular Chicken fried steak sandwich	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 Regular 1	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410	(g) 20 0 15 16 19 21 43 21 10 74 82 39 21 24	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9	(g) 2 1 2 3 0 0 2 5 4 3 3 3 2 2 2	(mig)  11  <1 0 5 109 77 2 5 9 11 11 6 6 15 0 4	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15 0 0	0 10 2 0 6 6 2 65 10 15 15 15 6 6	Na O Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Chicken fried steak sandwich Chicken fried steak w/gravy	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1 1 1 1 1 2 pcs	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410 260 130 490 610	20 0 15 16 19 21 43 21 10 74 82 39 21 24	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9	(g) 2 1 2 3 0 0 2 5 4 3 3 3 2 2 2 1 <1 2	(mig)  11 <1 0 5 109 77 2 5 9 11 11 6 6 15 0 4 2	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15 0 0 4	0 10 2 0 6 6 2 65 10 15 15 15 6 6	Na O Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper is sandwich w/cheese Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Chicken Apple pie Cajun rice, regular Chicken fried steak sandwich Chicken fried steak w/gravy Cole slaw	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1 2 pcs Regular 1	390 15 230 320 660 560 780 400 450 1130 670 370 410 260 130 490 610	20 0 15 16 19 21 43 21 10 74 82 39 21 24	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9 6 3 10 17 2	(g) 2 1 2 3 0 0 2 5 4 3 3 3 2 2 2 1 <1 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(mig)  11 <1 0 5 109 77 2 5 9 11 11 6 6 15 0 4 2 7	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15 0 0 4 2	(%DV)  0 10 2 0 6 6 2 65 10 15 15 6 6 2 0 2 0 20	Na N
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper is sandwich w/cheese Whopper is sandwich Whopper jr sandwich Whopper jr sandwich Whopper jr sandwich Chicken Fried steak sandwich Chicken fried steak sandwich Chicken fried steak w/gravy Cole slaw Double lemon pie	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1 1 1 1 1 2 pcs	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410 260 130 490 610 150 300	20 0 15 16 19 21 43 21 10 74 82 39 21 24 11 7 32 43 10 14	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9 6 3 10 17 2 6	2 1 2 3 0 0 2 5 4 3 3 3 2 2 2 1 <1 2 2 0 0	(mig)  11 <1 0 5 109 77 2 5 9 11 11 6 6 15 0 4 2 7 29	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15 0 0 4 2 10	(%DV)  0 10 2 0 6 6 2 65 10 15 15 6 6 2 0 2 0 20 0	Na O Na
French toast sticks Garden salad, side Hash browns Onion rings Shake, strawberry Shake, vanilla Tendercrisp chicken sandwich Tendercrisp garden salad Tendergrill chicken sandwich Triple Whopper sandwich Triple Whopper sandwich Whopper jr sandwich Chicken Apple pie Cajun rice, regular Chicken fried steak sandwich Chicken fried steak sandwich Chicken fried steak w/gravy Cole slaw Double lemon pie French fries	5ize 5 1 1 serv Medium Medium Medium 1 1 1 1 1 1 1 1 Regular 1 2 pcs Regular 1 Regular	390 15 230 320 660 560 780 400 450 1130 1230 670 370 410 260 130 490 610 150 300 420	20 0 15 16 19 21 43 21 10 74 82 39 21 24 11 7 32 43 10 14 20	Fats (g)  10* 0 na	9 0 9 7.5 12 13.5 12 8.5 2 30 35.5 12.5 6.5 9 6 3 10 17 2 6 12	2 1 2 3 0 0 2 5 4 3 3 3 2 2 2 2 2 0 6	(mig)  11  <1 0 5 109 77 2 5 9 11 11 6 6 15 0 4 2 7 29 <1	0 Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  6 2 0 10 45 50 2 20 8 15 30 15 8 15 0 0 4 2 10 4	(%DV)  0 10 2 0 6 6 2 65 10 15 15 6 6 2 0 2 0 2 0 2 0 2	(0,+,++)  Na  O  Na  Na  Na  Na  Na  Na  Na  Na

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1 1 pc 1 1 1 pc 1 pc 1 pc 1 pc 1 pc 1 p	110 120 330 300 360 320 135 280 460 580 810 720 1320 570 1010 220 510 50 60	6 6 23 19 18 20 7 15 14 17 23 28 52 21 37 13 12 0	Na Na Na Na Na Na Na Na Na Na Na Na Na O O	3 3 9 8 5.5 7 4 8 9 11.5 16 16.5 31 12.5 23 11 8 0	0 <0.5 1 3 3 2 4 2 <1 1 2 0 0 <1 2 0 0 0	0 1 0 0 3 3 0 22 63 83 115 78 143 64 113 20 82 3	0 0 0 0 0 0 0 0 0	0 0 2 2 8 4 0 4 35 40 60 35 60 10 25	0 2 0 2 0 0 2 0 0 2 0 8 15 20 2 4 2	+* Na +* +* +* Na
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1 pc 1 pie Small ledium Large Small Large 1 1 1	135 280 460 580 810 720 1320 570 1010 220 510 50 60	7 15 14 17 23 28 52 21 37 13 12 0	Na Na Na Na Na Na Na Na Na Na Na O	9 11.5 16 16.5 31 12.5 23 11 8 0	<1 1 2 0 0 <1 2 0 3 0 0	0 22 63 83 115 78 143 64 113 20 82 3	0 0 0 0 0 0 0	35 40 60 35 60 35 60 10 25	8 15 20 2 4 2 4	Na Na Na Na Na Na Na Na Na
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ledium Large Small Large Small Large 1 1 1	580 810 720 1320 570 1010 220 510 50 60	17 23 28 52 21 37 13 12 0	Na Na Na Na Na Na Na O	11.5 16 16.5 31 12.5 23 11 8 0	1 2 0 0 <1 2 0 3 0	83 115 78 143 64 113 20 82 3	0 0 0 0 0 0	40 60 35 60 35 60 10 25	15 20 2 4 2 4 0	Na Na Na Na Na Na
ledium Large Small Large Small Large 1 1 1	580 810 720 1320 570 1010 220 510 50 60	17 23 28 52 21 37 13 12 0	Na Na Na Na Na Na Na O	11.5 16 16.5 31 12.5 23 11 8 0	1 2 0 0 <1 2 0 3 0	83 115 78 143 64 113 20 82 3	0 0 0 0 0 0	40 60 35 60 35 60 10 25	15 20 2 4 2 4 0	Na Na Na Na Na Na
ledium Large Small Large Small Large 1 1 1	580 810 720 1320 570 1010 220 510 50 60	17 23 28 52 21 37 13 12 0	Na Na Na Na Na Na Na O	11.5 16 16.5 31 12.5 23 11 8 0	1 2 0 0 <1 2 0 3 0	83 115 78 143 64 113 20 82 3	0 0 0 0 0 0	40 60 35 60 35 60 10 25	15 20 2 4 2 4 0	Na Na Na Na Na Na
Large Small Large Small Large 1 1 1	810 720 1320 570 1010 220 510 50 60	23 28 52 21 37 13 12 0	Na Na Na Na Na Na O O	16 16.5 31 12.5 23 11 8 0	2 0 0 <1 2 0 3 0	115 78 143 64 113 20 82 3	0 0 0 0 0	60 35 60 35 60 10 25	20 2 4 2 4 0	Na Na Na Na Na Na
Small Large Small Large 1 1 1	720 1320 570 1010 220 510 50 60	28 52 21 37 13 12 0	Na Na Na Na Na Na O	16.5 31 12.5 23 11 8 0	0 0 <1 2 0 3 0	78 143 64 113 20 82 3	0 0 0 0 0	35 60 35 60 10 25	2 4 2 4 0	Na Na Na Na Na
Large Small Large 1 1 1	1320 570 1010 220 510 50 60	52 21 37 13 12 0	Na Na Na Na Na O	31 12.5 23 11 8 0	0 <1 2 0 3 0	143 64 113 20 82 3	0 0 0 0	60 35 60 10 25	4 2 4 0	Na Na Na Na
Small Large 1 1 1 1	570 1010 220 510 50 60	21 37 13 12 0	Na Na Na Na O O	12.5 23 11 8 0	<1 2 0 3 0 0	64 113 20 82 3	0 0 0	35 60 10 25	2 4 0	Na Na Na
Large 1 1 1 1 1	1010 220 510 50 60	37 13 12 0	Na Na Na O O	23 11 8 0	2 0 3 0	113 20 82 3	0	60 10 25	4 0	Na Na
1 1 1 1	220 510 50 60	13 12 0 0	Na Na O O	11 8 0 0	0 3 0 0	20 82 3	0	10 25	0	Na
1 1 1	510 50 60	12 0 0	Na 0 0	8 0 0	3 0 0	82 3	0	25		
1 1 1	50 60	0	0	0	0	3	-		25	
1	60	0	0	0	0		0		-	Na
1			_	_		2		10	0	0
	700	37	Na	19		~	0	6	0	0
					2	64	0	25	2	Na
Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit.
1	80	0	0	0	0	21	0	0	0	0
Small	280	7	Na	4.5	0	42	0	20	0	0
Large	500	15	Na	9	<1	72	0	40	30	0
ledium	330	9	Na	6	0	38	0	25	4	Na
1	710	45	Na	23.5	1	8	0	25	4	Na
1	630	42	Na	16	1	5	0	10	8	Na
1	540	30	Na	14	2	8	0	10	10	Na
1	240	14	Na	5	1	4	0	6	6	Na
1	330	21	Na	9	2	4	0	15	6	Na
1	350	20	Na	8.5	6	9	Na	15	60	Na
1	590	34	Na	8	5	8	Na	15	4	Na
egular	380	15	Na	7	<1	4	0	2	20	Na
	530	21	Na	10	<1	6	0	4	30	Na
1	240	10	Na	5	4	7	Na	15	60	Na
1	340	16	Na	2.5	2	4	0	6	15	Na
	800	50				8	0	15	10	Na
	470	30				7	0	4	30	Na
	590			16	4	9		4		Na
						-	-			
,	330	3	Na	0.5	3	11	0	4	0	+*
										+
										+
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Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Plain	1	320	2.5	Na	0.5	2	4	0	0	0	+
Sesame	1	380	8	Na	0.5	3	4	0	0	0	+
Wheat	1	330	4	Na	1	4	7	0	0	0	+
Bakery											
Apple Danish	1	330	20	Na	9	1	10	0	0	0	+*
Biscuit	1	250	13	Na	11.5	1	3	0	4	0	Na
Blueberry muffin	1	470	17	Na	3	2	38	0	4	0	+*
Chocolate chip muffin	1	630	26	Na	8	2	49	0	4	0	+*
Coffee cake muffin	1	580	19	Na	3	1	40	0	4	0	+*
Corn muffin	1	510	18	Na	3.5	1	32	33*	2	0	+*
Plain croissant	1	330	18	Na	11.5	0	3	25*	0	0	0
Beverages											
Caramel crème latte	10 oz	260	9	Na	6	0	40	0	30	0	0
Coffee Coolatta w/2% milk	16 oz	190	2	Na	1.5	0	40	0	15	0	0
Coffee Coolatta w/cream	16 oz	350	22	Na	14	0	35	0	10	0	0
Dunkaccino	10 oz	230	10	Na	8	0	25	0	4	0	0
Flavored coffees, all	10 oz	20	0	0	0	0	0	0	0	0	0
Iced coffee w/skim milk & sugar	16 oz	70	0	0	0	0	12	0	4	ō	ō
Cream Cheese			-	-	_	-		-	-	-	-
Chive	2 oz	170	17	Na	11	2	2	50*	8	0	0
Garden vegetable	2 oz	170	15	Na	11	0	2	50*	4	0	ō
Lite	2 oz	110	9	Na	7	0	3	25*	6	0	0
Salmon	2 oz	170	17	Na	ú	o	ő	50*	0	0	ō
		170	.,	140							0
Strawberry	2 oz	190	17	Na	9	0	9	50*	4	4	0
	2 oz Portion	190 Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
Strawberry Food	2 o z										
Strawberry  Food  Donuts and Fancies	2 OZ Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Strawberry  Food  Donuts and Fancies Apple crumb	2 oz Portion Size	Calories 230	Total Fat (g)	Good Fats (g) Na	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Strawberry  Food  Donuts and Fancies  Apple crumb  Apple fritter	Portion Size	230 300	Total Fat (g) 10 14	Good Fats (g) Na Na	Bad Fats (g) 3.5 5.5	Fiber (g)	Sugars (mg)	Beta- carotene (mcg) 0 0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice	Portion Size	230 300 200	Total Fat (g) 10 14 8	Good Fats (g) Na Na Na	Bad Fats (g) 3.5 5.5 4	Fiber (g)	Sugars (mg) 12 12 7	Beta- carotene (mcg) 0 0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme	Portion Size	230 300 200 210	Total Fat (g) 10 14 8 9	Good Fats (g) Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5	Fiber (g)	Sugars (mg) 12 12 7 9	Beta- carotene (mcg)  0  0  0  0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++) 0 0 0
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake	Portion Size	230 300 200 210 290	Total Fat (g) 10 14 8 9 16	Good Fats (g) Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6	Fiber (g)  1 1 1 1 1	Sugars (mg) 12 12 7 9 16	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0</td><td>Vit. C (%DV)</td><td>B vit. (0,+,++)</td></g)>	Calcium (%DV)  0 0 0 0 0	Vit. C (%DV)	B vit. (0,+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme	Portion Size  1 1 1 1 1	230 300 200 210 290 240	10 14 8 9 16 9	Good Fats (g) Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5	Fiber (g)  1 1 1 1 1	Sugars (mg) 12 12 7 9 16 14	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0</td><td>Vit. C (%DV)</td><td>B vit. (0.+,++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0	Vit. C (%DV)	B vit. (0.+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut	Portion Size  1 1 1 1 1 1	230 300 200 210 290 240 200	10 14 8 9 16 9	Good Fats (g) Na Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5 7	Fiber (g)  1 1 1 1 1 1 1	Sugars (mg) 12 12 7 9 16 14 10	Beta- carotene (mcg)  0  0  0  0  0  0  0  0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake	Portion Size  1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290	10 14 8 9 16 9	Good Fats (g) Na Na Na Na Na Na Na Na	8ad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg) 12 12 7 9 16 14 10 14	Beta-carotene (mcg)  0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  0 0 0 0 0 0 0 0 0	Vit. C (%DV)	B vit. (0,+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate iced bismark	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290 340	10 14 8 9 16 9 9 16 15	Good Fats (g) Na Na Na Na Na Na Na Na Na	8ad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31	Beta-carotene (mcg)  0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)	Vit. C (%DV)  0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate iced bismark Chocolate kreme filled	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290 340 270	10 14 8 9 16 9 9 16 15 13	Good Fats (g) Na Na Na Na Na Na Na Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)	Vit. C (%DV)  0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+.++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290 340 270 450	10 14 8 9 16 9 9 16 15 13 30	Good Fats (g) Na Na Na Na Na Na Na Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5 7	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 4	Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0,+,++
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake munchkins	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290 340 270 450 270	10 14 8 9 16 9 9 16 15 13 30 15	Good Fats (g) Na Na Na Na Na Na Na Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5	Fiber (g)	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 0 4 2	Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0,+,++
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake munchkins Éclair	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290 340 270 450 270 270	Total Fat (g)  10 14 8 9 16 9 16 15 13 30 15 11	Good Fats (g) Na Na Na Na Na Na Na Na Na Na Na Na Na	Bad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0	Vit. C (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 150	Total Fat (g)  10 14 8 9 16 9 9 16 15 13 30 15 11 8	Good Fats (g) Na Na Na Na Na Na Na Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0	Vit. C (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+,++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins	2 oz  Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	230 300 200 210 290 240 200 290 340 270 450 270 270 150 280	Total Fat (g) 10 14 8 9 16 9 9 16 15 13 30 15 11 8 13	Good Fats (g) Na Na Na Na Na Na Na Na Na Na Na Na Na	Bad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 0 0</td><td>Vit. C (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</td><td>B vit. (0.+,++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 0 0	Vit. C (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+,++)
Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins Glazed chocolate cake stick	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 270 150 280 470	Total Fat (g) 10 14 8 9 16 9 9 16 15 13 30 15 11 8 13 29	Rats (g)  Na	8ad Fats (g) 3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 0 4</td><td>Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</td><td>B vit. (0.+,++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 0 4	Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+,++)
Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins Glazed chocolate cake stick Glazed fritter	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 270 270 280 470 260	Total Fat (x) 10 14 8 9 16 9 9 16 15 13 30 15 11 8 13 29 14	Rats (g)  Na	8ad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12 5.5	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24 7	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 4 0</td><td>Vit. c (%DV)</td><td>B vit. (0.+.++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 4 0	Vit. c (%DV)	B vit. (0.+.++)
Food  Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins Glazed fritter Jelly filled munchkins	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 270 150 280 470 260 210	Total Fat (x) 10 14 8 9 16 9 9 16 15 13 30 15 11 18 8 13 29 14 9	Rats (g)  Na	8ad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12 5.5 4.5	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24 7 15	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 0 0</td><td>Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</td><td>B vit. (0.+.++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 0 0	Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+.++)
Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake stick Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins Glazed fritter Jelly filled munchkins Jelly filled munchkins	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 150 280 470 260 210 530	Total Fat (x) 10 14 8 9 16 9 9 16 15 13 30 15 11 8 13 29 14 9	Rats (g)  Na	8ad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12 5.5 4.5 12	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24 7 15 32	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2</td><td>Vit. c (%DV)</td><td>B vit. (0.+.++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2	Vit. c (%DV)	B vit. (0.+.++)
Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake stick Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins Glazed fritter Jelly filled munchkins Jelly filled munchkins	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 150 280 470 260 210 530 300	Total Fat (x)  10 14 8 9 16 9 16 15 13 30 15 11 8 13 29 14 9 29 19	Rats (g)  Na	8ad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12 7.5 9	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24 7 15 32 9	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2 2 2</td><td>Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</td><td>B vit. (0.+.++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2 2 2	Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+.++)
Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate iced bismark Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake stick Cinnamon cake stick Cinder of cake munchkins Éclair French cruller Glazed cake munchkins Glazed fritter Jelly filled munchkins Jelly filled munchkins Jelly filled stick Old fashioned cake donut Plain cake munchkins	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 150 280 470 260 210 530 300 270	Total Fat (x)  10 14 8 9 16 9 16 15 13 30 15 11 8 13 29 14 9 29 19 16	Rats (g)  Na	8ad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12 7.5 4.5 12 9 8	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24 7 15 32 9 15	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2 2 0</td><td>Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</td><td>B vit. (0.+,++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2 2 0	Vit. c (%DV)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0.+,++)
Donuts and Fancies Apple crumb Apple fritter Apple & spice Bavarian kreme Blueberry cake Boston kreme Chocolate frosted donut Chocolate glazed cake Chocolate iced bismark Chocolate kreme filled Cinnamon cake stick Cinnamon cake stick Cinnamon cake stick Cinnamon cake munchkins Éclair French cruller Glazed cake munchkins Glazed fritter Jelly filled munchkins Jelly filled munchkins	Portion Size  1	230 300 200 210 290 240 200 290 340 270 450 270 150 280 470 260 210 530 300	Total Fat (x)  10 14 8 9 16 9 16 15 13 30 15 11 8 13 29 14 9 29 19	Rats (g)  Na	8ad Fats (g)  3.5 5.5 4 4.5 6 5.5 7 7.5 5 7 12 7.5 3 5 7 12 7.5 9	Fiber (g)  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sugars (mg)  12 12 7 9 16 14 10 14 31 16 17 14 17 8 22 24 7 15 32 9	Beta- carotene (m <g) 0="" 0<="" td=""><td>Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2 2 2</td><td>Vit. c (%DV)</td><td>B vit. (0.+.++)</td></g)>	Calcium (%DV)  0 0 0 0 0 0 0 0 0 0 4 2 0 0 4 0 0 2 2 2	Vit. c (%DV)	B vit. (0.+.++)

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Sugar raised donut	1	170	8	Na	2	1	4	0	0	0	0
Vanilla crème filled	1	270	13	Na	6.5	1	17	0	0	0	0
Sandwiches											
Bacon egg cheese croissant	1	520	33	Na	17	0	9	0	10	0	Na
Ham cheese bagel	1	510	16	Na	6	2	10	0	10	0	Na
Ham, egg, cheese croissant	1	520	32	Na	17	0	9	0	10	0	Na
Meatball Panini	1	480	19	Na	9	3	6	0	10	10	Na
Steak Panini	1	450	12	Na	5.5	3	4	0	20	0	Na
Southwestern chicken Panini	1	420	10	Na	5	3	4	0	15	4	Na
Supreme omelet croissant	1	590	38	Na	19	1	4	0	15	15	Na
FAST FOOD, KFC											
Sandwiches, Entrees											
Chicken pot pie	1	770	40	Na	29	5	2	Na	0	0	Na
KFC Snacker	1	320	16	Na	4.5	2	5	Na	6	4	Na
KFC Snacker sandwich, fish	1	280	7	Na	1.5	1	5	0	6	0	Na
KFC Snacker, ultimate cheese	1	280	11	Na	4.5	2	5	0	8	4	Na
Oven roasted chicken, drumstick	1	140	8	Na	3	0	0	0	2	0	Na
Oven roasted chicken, whole wing	1	150	9	Na	3.5	4	0	0	2	0	Na
Popcorn chicken, individual serving	1	370	24	Na	7	2	0	0	4	0	Na
Popcorn chicken	Large	560	31	Na	14	2	0	0	4	0	Na
Sides, Desserts	20		-			_				-	
Apple pie slice	1 slice	230	11	Na	4.5	2	23	0	2	0	Na
Baked Cheetos	1 serv	120	4.5	Na	1	õ	1	ō	õ	ō	0
Fiery buffalo wings	6	440	26	Na	10.5	2	i	ő	4	35	Na
-											
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
				_					(1001)	(1000)	4-1-17
Hot wings	6	450	29	Na	10	2	0	0	4	2	Na
Lil Bucket chocolate cream	1	450 280	29 13	Na Na	10 10	2 3	21	0	<u> </u>	2	Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake			29 13 7	Na	10 10 5	2 3 3		0 0	4	2 0 0	Na Na Na
Lil Bucket chocolate cream	1	280	29 13	Na Na	10 10	2 3	21	0 0 0 0	4	2	Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice	1 1	280 210	29 13 7	Na Na Na	10 10 5	2 3 3 1 2	21 21	0 0	4 4 4	2 0 0	Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy	1 1 1 serv	280 210 140	29 13 7 5	Na Na Na Na	10 10 5 1.5	2 3 3 1	21 21 1	0 0 0 0	4 4 4 4	2 0 0 2	Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice	1 1 1 serv 1 serv	280 210 140 150	29 13 7 5	Na Na Na Na Na	10 10 5 1.5	2 3 3 1 2	21 21 1	0 0 0 0	4 4 4 4 4	2 0 0 2 0	Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings	1 1 1 serv 1 serv	280 210 140 150	29 13 7 5	Na Na Na Na Na	10 10 5 1.5	2 3 3 1 2	21 21 1	0 0 0 0	4 4 4 4 4	2 0 0 2 0	Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts	1 1 1 serv 1 serv	280 210 140 150	29 13 7 5	Na Na Na Na Na	10 10 5 1.5	2 3 3 1 2	21 21 1	0 0 0 0	4 4 4 4 4	2 0 0 2 0	Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's	1 1 1 serv 1 serv 6	280 210 140 150 460	29 13 7 5 1 26	Na Na Na Na Na Na	10 10 5 1.5 0 10.5	2 3 3 1 2 2	21 21 1 1 15	0 0 0 0 0	4 4 4 4 4 6	2 0 0 2 0 35	Na Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait	1 1 1 serv 1 serv 6	280 210 140 150 460	29 13 7 5 1 26	Na Na Na Na Na Na	10 10 5 1.5 0 10.5	2 3 3 1 2 2	21 21 1 1 15	0 0 0 0 0 0	4 4 4 4 6	2 0 0 2 0 35	Na Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies	1 1 serv 1 serv 6 16 oz 1	280 210 140 150 460 580 160	29 13 7 5 1 26	Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5	2 3 3 1 2 2	21 21 1 1 15	0 0 0 0 0 0 0 0	4 4 4 4 6	2 0 0 2 0 35	Na Na Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs	1 1 serv 1 serv 6 16 oz 1 2 oz	280 210 140 150 460 580 160 250	29 13 7 5 1 26	Na Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5	2 3 3 1 2 2 2	21 21 1 1 15 84 21 14 85	0 0 0 0 0 0 0 0	4 4 4 4 4 6 45 15 0 45	2 0 0 2 0 35	Na Na Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small	280 210 140 150 460 580 160 250 620	29 13 7 5 1 26	Na Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5 6.5 1 4.5	2 3 3 1 2 2 2	21 21 1 1 15 84 21	0 0 0 0 0 0 0 0 Na Na 0 0	4 4 4 4 6 45 15 0	2 0 0 2 0 35	Na Na Na Na Na Na Na O O
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake	1 1 serv 1 serv 6 16 oz 1 2 oz 1	280 210 140 150 460 580 160 250 620 140	29 13 7 5 1 26	Na Na Na Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5 6.5 1 4.5 13	2 3 3 1 2 2 2	21 21 1 1 15 84 21 14 85 29	0 0 0 0 0 0 0 0	4 4 4 4 4 6 45 15 0 45 2	2 0 0 2 0 35	Na Na Na Na Na Na Na O
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz	280 210 140 150 460 580 160 250 620 140 550	29 13 7 5 1 26 10 2 8 20 0 13	Na Na Na Na Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0	2 3 3 1 2 2 2	21 21 1 1 15 84 21 14 85 29 75	0 0 0 0 0 0 0 Na Na 0 Na Na Na	4 4 4 4 4 6 45 15 0 45 2 45	2 0 0 2 0 35	Na Na Na Na Na Na Na O O + Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular	280 210 140 150 460 580 160 250 620 140 550	29 13 7 5 1 26 10 2 8 20 0 13	Na Na Na Na Na Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9	2 3 3 1 2 2 2	21 21 1 1 15 84 21 14 85 29 75	0 0 0 0 0 0 0 Na Na 0 Na Na Na	4 4 4 4 4 6 45 15 0 45 2 45	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O O + Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular	280 210 140 150 460 580 160 250 620 140 550 230 300	29 13 7 5 1 26 10 2 8 20 0 13	Na Na Na Na Na Na Na Na Na O Na	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9	2 3 3 1 2 2 2 1 1 1 0 0	21 21 1 1 15 84 21 14 85 29 75	0 0 0 0 0 0 0 Na Na 0 0 Na Na	4 4 4 4 4 6 45 15 0 45 2 45 45	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O O + Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin Hash browns	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular 1	280 210 140 150 460 580 160 250 620 140 550 230 300 140	29 13 7 5 1 26 10 2 8 20 0 13	Na Na Na Na Na Na Na Na Na Na Na Na Na	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9	2 3 3 1 2 2 2 1 1 1 0 0	21 21 1 15 84 21 14 85 29 75 2	0 0 0 0 0 0 0 Na Na 0 Na Na 0	4 4 4 4 4 6 45 15 0 45 2 45 45 0 0	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O O + Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin Hash browns Hotcakes, margarine & syrup	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular 1 serv 1 serv	280 210 140 150 460 580 160 250 620 140 550 230 300 140 610	29 13 7 5 1 26 10 2 8 20 0 13 10 12 8 18	Na Na Na Na Na Na Na Na Na Na Na Na Na N	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9 7 4.5 3.5 8	2 3 3 1 2 2 2 1 1 1 0 0	21 21 1 15 84 21 14 85 29 75 2 3 0 47	0 0 0 0 0 0 0 Na Na Na 0 0 0 Na 0	4 4 4 4 4 6 45 15 0 45 2 45 45 45 15 0 15	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O O + Na Na O Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin Hash browns Hotcakes, margarine & syrup Sausage burrito	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular 1 1 serv 1 serv	280 210 140 150 460 580 160 250 620 140 550 230 300 140 610 300	29 13 7 5 1 26 10 2 8 20 0 13 10 12 8 18 16	Na Na Na Na Na Na Na Na Na Na Na Na Na N	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9 7 4.5 3.5 8 7	2 3 3 1 2 2 2 1 1 1 0 0	21 21 1 15 84 21 14 85 29 75 2 3 0 47 2	0 0 0 0 0 0 0 Na Na Na 0 0 0	4 4 4 4 4 6 45 15 0 45 2 45 45 45 15 15	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O + Na Na O Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin Hash browns Hotcakes, margarine & syrup Sausage burrito Sausage, egg, cheese McGriddle	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular 1 1 serv 1 serv 1 serv	280 210 140 150 460 580 160 250 620 140 550 230 300 140 610 300 560	29 13 7 5 1 26 10 2 8 20 0 13 10 12 8 18 16 32	Na Na Na Na Na Na Na Na Na Na Na Na Na N	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9 7 4.5 3.5 8 7	2 3 3 1 2 2 2 1 1 1 0 0	21 21 1 15 84 21 14 85 29 75 2 3 0 47 2 15	0 0 0 0 0 0 0 0 Na Na Na 0 0	4 4 4 4 4 6 45 15 0 45 2 45 45 15 2 45 2 45 2 45 2 45 2 45	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O + Na Na O Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin Hash browns Hotcakes, margarine & syrup Sausage burrito Sausage, egg, cheese McGriddle Sausage McMuffin w/egg	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular 1 1 serv 1 serv 1 serv 1	280 210 140 150 460 580 160 250 620 140 550 230 300 140 610 300 560 450	29 13 7 5 1 26 10 2 8 20 0 13 10 12 8 18 16 32 27	Na Na Na Na Na Na Na Na Na Na Na Na Na N	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9 7 4.5 3.5 8 7 12 10.5	2 3 3 1 2 2 2 1 1 1 0 0 0	21 21 1 1 15 84 21 14 85 29 75 2 3 0 47 2 15 2	0 0 0 0 0 0 0 0 Na Na Na 0 0 0	4 4 4 4 4 4 6 45 15 0 45 2 45 45 15 2 45 30 0 15 15 20 30 30 30 30 30 30 30 30 30 30 30 30 30	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O + Na Na O Na Na Na Na Na
Lil Bucket chocolate cream Lil Bucket strawberry shortcake Mashed potatoes w/gravy Seasoned rice Sweet 'n spicy wings FAST FOOD, McDonald's Beverages & Desserts Chocolate triple thick shake Fruit yogurt parfait McDonaldland cookies McFlurry w/MMs Orange juice Vanilla triple thick shake Breakfast Biscuit Egg McMuffin Hash browns Hotcakes, margarine & syrup Sausage burrito Sausage, egg, cheese McGriddle	1 1 serv 1 serv 6 16 oz 1 2 oz 1 Small 16 oz Regular 1 1 serv 1 serv 1 serv	280 210 140 150 460 580 160 250 620 140 550 230 300 140 610 300 560	29 13 7 5 1 26 10 2 8 20 0 13 10 12 8 18 16 32	Na Na Na Na Na Na Na Na Na Na Na Na Na N	10 10 5 1.5 0 10.5 6.5 1 4.5 13 0 9 7 4.5 3.5 8 7	2 3 3 1 2 2 2 1 1 1 0 0	21 21 1 15 84 21 14 85 29 75 2 3 0 47 2 15	0 0 0 0 0 0 0 0 Na Na Na 0 0	4 4 4 4 4 6 45 15 0 45 2 45 45 15 2 45 2 45 2 45 2 45 2 45	2 0 0 2 0 35 0 15 0 0 160 0	Na Na Na Na Na Na Na O + Na Na O Na Na Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Sandwiches, Sides											
Bacon ranch salad grilled chicken	1	260	9	Na	4	3	5	0	15	50	Na
Big Mac	1	540	29	Na	11.5	3	9	0	25	2	Na
Big N Tasty	1	460	24	Na	9.5	3	8	0	15	8	Na
Caesar salad w/crispy chicken	1	300	13	Na	5.5	3	4	0	20	50	Na
Cheeseburger	1	300	12	Na	6.5	2	6	0	20	2	Na
Chicken Selects breast strips	3 pcs	380	20	Na	6	0	0	0	2	4	+
Chicken McNuggets	6 pcs	250	15	Na	4.5	0	0	0	2	2	+
Double cheeseburger	i	440	23	Na	12.5	2	7	0	25	2	Na
French fries	Small	250	13	Na	6	3	0	0	2	6	0
French fries	Large	570	30	Na	14	7	0	0	2	15	0
McChicken	1	360	16	Na	4.5	1	5	0	10	2	Na
Premium grilled chicken club sandwich	1	570	21	Na	7	4	12	0	20	10	Na
Quarterpounder w/cheese	i	510	25	Na	13.5	3	9	0	30	4	Na
FAST FOOD, Starbucks						-	-	-			
Caffe latte	16 oz	260	14	Na	9	0	19	0	0	0	0
Caffe vanilla frappuccino, no whip	16 oz	340	3.5	Na	2	0	63	0	0	0	0
Cappuccino	16 oz	150	8	Na	5	0	11	0	0	0	0
Caramel apple cider, no whip	16 oz	300	0	0	ő	0	64	0	0	0	0
Iced caffe latte	16 oz	160	8	Na	5	0	11	0	0	0	0
Iced caffe mocha, whip	16 oz	350	20	Na	12.5	2	27	0	0	0	0
Iced tazo green tea latte	16 oz	250	8	Na	4.5	1	36	0	0	0	0
Tazo black tea lemonade	16 oz	120	0	0	0	0	29	0	0	0	0
Tazo chai tea latte	16 oz	290	7	Na	4.5	0	46	0	0	0	0
1420 Chai tea latte	1602	290	,	iva	4.3	U	46	U	U	U	U
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
		Calories 450			Bad Fats (g)						
Toffee nut crème w/whip Vanilla latte	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Toffee nut crème w/whip Vanilla latte	Size 16 oz	450	(g) 24	Fats (g) Na	Fats (g) 15	(g) 0	(mg) 42	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway	Size 16 oz	450	(g) 24	Fats (g) Na	Fats (g) 15	(g) 0	(mg) 42	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps	Size 16 oz	450 320	(g) 24 12	Fats (g) Na Na	15 7	(g) 0 0	(mg) 42 36	0 0	(% <b>DV</b> ) 0 0	(% <b>DV)</b> 0 0	( <b>0,+,++</b> ) 0 0
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round	16 oz 16 oz	450 320 310	(g) 24 12	Na Na Na Na	Fats (g) 15 7	0 0 0	42 36	0 0 Na	( <b>%DV)</b> 0 0	0 0 0	0,+,++) 0 0 Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread	16 oz 16 oz 16 oz 1	450 320 310 350	(g) 24 12 12	Na Na Na Na Na	15 7 6 6	0 0 3 3	42 36 2 5	0 0 Na Na	0 0 15 20	0 0 0 6 15	0 0 0 Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round	16 oz 16 oz 16 oz	450 320 310 350 490	(g) 24 12 12 12 12 25	Na Na Na Na Na Na Na	Fats (g) 15 7 6 6 6 9.5	0 0 3 3 4	42 36 2 5	O O Na Na Na	0 0 15 20 15	0 0 0 6 15 14	0,+,++) 0 0 Na Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap	16 oz 16 oz 16 oz 1	450 320 310 350 490 450	(g) 24 12 12 12 25 27	Na Na Na Na Na Na Na Na	6 6 9.5 8.5	0 0 0 3 3 4 9	42 36 2 5 5	O O Na Na Na Na Na	(%DV) 0 0 15 20 15 25	0 0 0 6 15 14 8	(0,+,++) 0 0 Na Na Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round	16 oz 16 oz 1 1 1 1 1 1 1 1 1	450 320 310 350 490 450 410	(g) 24 12 12 12 12 25 27 19	Na Na Na Na Na Na Na Na Na Na	6 6 9.5 8.5 9.5	0 0 0 3 3 4 9 3	42 36 2 5 5 3	O O Na Na Na Na Na Na	(%DV) 0 0 15 20 15 25 15	6 15 14 8 6	(0,+,++) 0 0 Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap	16 oz 16 oz 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	450 320 310 350 490 450 410 360	(g) 24 12 12 12 25 27 19 21	Na Na Na Na Na Na Na Na Na Na Na	6 6 9.5 8.5 9.5 9	0 0 0 3 3 4 9 3 8	(mg) 42 36 2 5 5 3 1	O O O O O O O O O O O O O O O O O O O	(%DV) 0 0 15 20 15 25 15 25	0 0 0 6 15 14 8 6 0	(0,+,++) 0 0 Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round	16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270	12 12 12 12 25 27 19 21 5	Na Na Na Na Na Na Na Na Na Na Na Na	6 6 6 9.5 8.5 9.5 9	0 0 0 3 3 4 9 3 8 3	42 36 2 5 5 3 1	Na Na Na Na Na Na Na Na Na Na	(% <b>DV</b> ) 0 0 15 20 15 25 15 25 0	0 0 0 6 15 14 8 6 0 6	(0,+,++) 0 0 Na Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap	16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230	(g) 24 12 12 12 12 25 27 19 21 5 7	Na Na Na Na Na Na Na Na Na Na Na Na	6 6 6 9.5 8.5 9.5 9 1.5	0 0 0 3 3 4 9 3 8 3 8	42 36 2 5 5 3 1 9 6	O O O O O O O O O O O O O O O O O O O	(%DV) 0 0 15 20 15 25 15 25 0 8	6 15 14 8 6 0 6	(0,+,++) 0 0 Na Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte FAST FOOD, Subway Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350	12 12 12 12 25 27 19 21 5 7	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 6 9.5 8.5 9.5 9 1.5 1	0 0 0 3 3 4 9 3 8 3 8 3 8	(mg) 42 36 2 5 5 3 1 9 6 3	O O O O O O O O O O O O O O O O O O O	(%DV) 0 0 15 20 15 25 15 25 0 8 15	6 15 14 8 6 0 6	(0,+,++) 0 0 Na Na Na Na Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese wrap	16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350 300	12 12 12 12 25 27 19 21 5 7 13 15	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 9.5 8.5 9.5 9 1.5 1 6	3 3 4 9 3 8 3 8	(mg) 42 36 2 5 5 3 1 9 6 3 1	Na N	(%DV)  0  0  15  20  15  25  15  25  0  8  15  25	(%DV) 0 0 0 15 14 8 6 0 6 0 8 8	(0,+,++) 0 0 Na Na Na Na Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese wrap Western w/cheese wrap	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350	12 12 12 12 25 27 19 21 5 7	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 6 9.5 8.5 9.5 9 1.5 1	0 0 0 3 3 4 9 3 8 3 8 3 8	(mg) 42 36 2 5 5 3 1 9 6 3	O O O O O O O O O O O O O O O O O O O	(%DV) 0 0 15 20 15 25 15 25 0 8 15	6 15 14 8 6 0 6	(0,+,++) 0 0 Na Na Na Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on Deli Round Western w/cheese wrap Western w/cheese wrap	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350 300 380	12 12 12 12 25 27 19 21 5 7 13 15 13	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 9.5 8.5 9.5 9 1.5 1 6 6	0 0 0 3 3 4 9 3 8 3 8 3 8	(mg) 42 36 2 5 5 3 1 9 6 3 1 6	Na N	(%DV)  0  0  15  20  15  25  15  25  25  20  8  15  25  20	6 15 14 8 6 0 6 0 8 8 20	(0,+,++) 0 0 Na Na Na Na Na Na Na Na Na Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on beli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350 300 380	12 12 12 12 25 27 19 21 5 7 13 15 13	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 9.5 8.5 9.5 9 1.5 1 6 6 6	3 3 4 9 3 8 3 8 4	(mg) 42 36 2 5 5 3 1 9 6 3 1 6	O O Na	(%DV)  0  0  15  20  15  25  15  25  25  25  25  25  25  25	(%DV) 0 0 0 6 15 14 8 6 0 6 0 8 8 20	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on beli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch Chicken parmesan	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350 300 380	12 12 12 12 25 27 19 21 5 7 13 15 13	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 9.5 8.5 9.5 9 1.5 1 6 6 6 6	0 0 0 3 3 4 9 3 8 8 3 8 4 5 5 5	(mg) 42 36 2 5 5 3 1 9 6 3 1 6	O O Na	(%DV)  0  0  15  20  15  25  15  25  25  25  25  25  25	6 15 14 8 6 0 6 0 8 8 20	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese wrap Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on beli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch Chicken parmesan Cold Cut Combo	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350 300 380 540 500 410	12 12 12 12 25 27 19 21 5 7 13 15 13	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 6 9.5 8.5 9.5 9 1.5 1 6 6 6 6 7.5	0 0 0 3 3 4 9 3 8 8 3 8 4 5 5 4	(mg) 42 36 2 5 5 3 1 9 6 3 1 6	O O Na	(%DV)  0  0  15  20  15  25  15  25  25  25  20  25  25  15	6 15 14 8 6 0 6 0 8 8 20	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch Chicken parmesan Cold Cut Combo Ham	16 oz 16 oz 16 oz 17 oz 18 oz	450 320 310 350 490 450 410 360 270 230 350 300 380 540 500 410 290	12 12 12 12 25 27 19 21 5 7 13 15 13	Na N	6 6 9.5 8.5 9.5 9 1.5 1 6 6 6 7.5 1.5	3 3 4 9 3 8 3 8 4 5 5 4 4	(mg) 42 36 2 5 5 3 1 9 6 3 1 6 7 8 8 8	O O Na	(%DV)  0  0  15  20  15  25  15  25  25  25  20  25  25  16  6	6 15 14 8 6 0 6 0 8 8 20 35 35 35 35	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on beli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch Chicken parmesan Cold Cut Combo Ham Meatball marinara	16 oz 16 oz 16 oz 16 oz 16 oz 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	450 320 310 350 490 450 410 360 270 230 350 300 380 540 500 410 290 560	24 12 12 12 25 27 19 21 5 7 13 15 13 25 18 17 5 24	Na N	6 6 9.5 9.5 9 1.5 1 6 6 6 7.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1	3 3 4 9 3 8 3 8 4 5 5 4 4 7	(mg) 42 36 2 5 5 3 1 9 6 3 1 6 7 8 8 8 8 13	Na N	(%DV)  0  0  15  20  15  25  15  25  25  25  25  26  20	0 0 0 6 15 14 8 6 0 6 0 8 8 8 20 35 35 35 30 60	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on beli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch Chicken parmesan Cold Cut Combo Ham Meatball marinara Roast beef	16 oz 16 oz 16 oz 16 oz 16 oz 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	450 320 310 350 490 450 410 360 270 230 350 300 380 540 500 410 290 560 290	12 12 12 12 25 27 19 21 5 7 13 15 13 25 18 17 5 24 5	Na N	6 6 9.5 8.5 9.5 1 6 6 6 7.5 1.5 12 2	3 3 4 9 3 8 3 8 4 5 5 4 4 7 4	(mg) 42 36 2 5 5 3 1 9 6 3 1 6 7 8 8 8 13 8	Na N	0 0 0 15 20 15 25 15 25 0 8 15 25 20 25 25 25 25 25 25 25 25 25 25 25 25 25	6 15 14 8 6 0 6 0 8 8 20 35 35 35 30 60 30	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na
Toffee nut crème w/whip Vanilla latte  FAST FOOD, Subway  Breakfast Sandwiches and Wraps Cheese on Deli Round Cheese on 6-inch bread Chipotle steak & cheese on Deli Round Chipotle steak & cheese wrap Double bacon & cheese on Deli Round Double bacon & cheese wrap Honey mustard ham & egg on Deli Round Honey mustard ham & egg wrap Western w/cheese on Deli Round Western w/cheese on 6-inch bread 6-Inch Sandwiches Chicken & Bacon Ranch Chicken parmesan Cold Cut Combo Ham Meatball marinara	16 oz 16 oz 16 oz 16 oz 16 oz 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	450 320 310 350 490 450 410 360 270 230 350 300 380 540 500 410 290 560	24 12 12 12 25 27 19 21 5 7 13 15 13 25 18 17 5 24	Na N	6 6 9.5 9.5 9 1.5 1 6 6 6 7.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1	3 3 4 9 3 8 3 8 4 5 5 4 4 7	(mg) 42 36 2 5 5 3 1 9 6 3 1 6 7 8 8 8 8 13	Na N	(%DV)  0  0  15  20  15  25  15  25  25  25  25  26  20	0 0 0 6 15 14 8 6 0 6 0 8 8 8 20 35 35 35 30 60	(0,+,++)  0  0  Na  Na  Na  Na  Na  Na  Na  Na

ood	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Toffee nut crème w/whip	16 oz	450	24	Na	15	0	42	0	0	0	0
Vanilla latte	16 oz	320	12	Na	7	0	36	0	0	0	0
AST FOOD, Subway											
Breakfast Sandwiches and Wraps											
Cheese on Deli Round	1	310	12	Na	6	3	2	Na	15	6	Na
Cheese on 6-inch bread	1	350	12	Na	6	3	5	Na	20	15	Na
Chipotle steak & cheese on Deli Round	1	490	25	Na	9.5	4	5	Na	15	14	Na
Chipotle steak & cheese wrap	1	450	27	Na	8.5	9	3	Na	25	8	Na
Double bacon & cheese on Deli Round	1	410	19	Na	9.5	3	3	Na	15	6	Na
Double bacon & cheese wrap	1	360	21	Na	9	8	1	Na	25	0	Na
Honey mustard ham & egg on Deli Round	1	270	5	Na	1.5	3	9	Na	0	6	Na
Honey mustard ham & egg wrap	1	230	7	Na	1	8	6	Na	8	0	Na
Western w/cheese on Deli Round	1	350	13	Na	6	3	3	Na	15	8	Na
Western w/cheese wrap	1	300	15	Na	6	8	1	Na	25	8	Na
Western w/cheese on 6-inch bread	1	380	13	Na	6	4	6	Na	20	20	Na
6-Inch Sandwiches											
Chicken & Bacon Ranch	1	540	25	Na	10.5	5	7	Na	25	35	Na
Chicken parmesan	1	500	18	Na	6	5	8	Na	25	35	Na
Cold Cut Combo	1	410	17	Na	7.5	4	8	Na	15	35	Na
Ham	1	290	5	Na	1.5	4	8	Na	6	30	Na
Meatball marinara	1	560	24	Na	12	7	13	Na	20	60	Na
Roast beef	1	290	5	Na	2	4	8	Na	6	30	Na
Charle O. abassas		400	12	Na	6.5	4	9	Na	15	50	Na
Steak & cheese	1	400	12	140	0.5		_	144			
Subway melt	1	380	12	Na	5	4	8	Na	15	30	Na
Subway melt	i	380	12	Na	5	4	8	Na	15	30	Na
Subway melt			12 Total Fat (g)	Na Good Fats (g)			_	Na Beta- carotene (mcg)			Na B vit (0,+,+
Subway melt  ood  Turkey breast	Portion Size	380 Calories 280	Total Fat (g) 4.5	Na Good Fats (g) Na	Bad Fats (g)	4 Fiber (g)	Sugars (mg)	Na Beta- carotene (mcg)	Calcium (%DV)	30 Vit. C (%DV)	B vit (0,+,+
Subway melt  ood  Turkey breast Veggie Delite	l Portion Size	380 Calories	12 Total Fat (g)	Na Good Fats (g)	5 Bad Fats (g)	4 Fiber (g)	8 Sugars (mg)	Na Beta- carotene (mcg)	15 Calcium (%DV)	30 Vit. C (%DV)	Na B vit (0,+,+
Subway melt  ood  Turkey breast Veggie Delite Deli Style & Wraps	Portion Size	380 Calories 280	Total Fat (g) 4.5	Good Fats (g) Na Na	Bad Fats (g)	Fiber (g)	Sugars (mg)	Na Beta- carotene (mcg) Na Na	Calcium (%DV)	30 Vit. C (%DV)	B vii (0,+,+ Na Na
Subway melt  ood  Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap	Portion Size	380 Calories 280 230 440	12 Total Fat (g) 4.5 3	Good Fats (g) Na Na Na	5 Bad Fats (g) 1.5 1	4 Fiber (g) 4 4 4 9	Sugars (mg)	Na Beta- carotene (mcg) Na Na	15 Calcium (%DV) 6 6 6	30 Vit. C (%DV) 30 30 30	B vit (0,+,+ Na Na Na
Subway melt  ood  Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich	Portion Size	280 230 440 210	12 Total Fat (g) 4.5 3 27 4	Good Fats (g) Na Na Na Na	5 Bad Fats (g) 1.5 1	4 Fiber (g) 4 4 9 3	Sugars (mg) 7 7 1 4	Na  Beta- carotene (mcg)  Na Na  Na  Na  Na	15  Calcium (%DV)  6  6  30  8	30 Vit. C (%DV) 30 30 30	B vii (0,+,4 Na Na Na
Subway melt  ood  Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich	Portion Size	380 Calories 280 230 440	12 Total Fat (g) 4.5 3	Good Fats (g) Na Na Na	5 Bad Fats (g) 1.5 1	4 Fiber (g) 4 4 9 3 3 3	Sugars (mg)	Na Beta- carotene (mcg) Na Na	15 Calcium (%DV) 6 6 6	30 Vit. C (%DV) 30 30 30	B vi (0,+,- Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap	Portion Size	280 230 440 210	12 Total Fat (g) 4.5 3 27 4 4.5 32	Good Fats (g) Na Na Na Na	5 Bad Fats (g) 1.5 1	4 Fiber (g) 4 4 9 3	Sugars (mg) 7 7 1 4	Na  Beta- carotene (mcg)  Na Na  Na  Na  Na	15  Calcium (%DV)  6  6  30  8	30 Vit. C (%DV) 30 30 30	Na B vii (0,+,+ Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap	Portion Size	280 230 440 210 220	12 Total Fat (g) 4.5 3 27 4 4.5	Good Fats (g) Na Na Na Na Na	Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7	4 Fiber (g) 4 4 4 9 3 3 9 9	8 Sugars (mg) 7 7 1 4 4 1 2	Na  Beta- carotene (mcg)  Na Na Na Na Na Na	15 Calcium (%DV) 6 6 6 30 8 8	30 Vit. C (%DV) 30 30 30 15 20 20	Na B vii (0,+,4 Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap	Portion Size	280 230 440 210 220 440	12 Total Fat (g) 4.5 3 27 4 4.5 32	Good Fats (g) Na Na Na Na Na Na	Bad Fats (g) 1.5 1 10.5 1.5 2 6.5	4 Fiber (g) 4 4 9 3 3 9	8 Sugars (mg) 7 7 1 4 4 1	Reta- carotene (mcg)  Na Na Na Na Na Na Na Na	15  Calcium (%DV)  6  6  8  8  15	30 Vit. C (%DV) 30 30 30 15 20 20 10	Na B vii (0,+,- Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap	Portion Size	280 230 440 210 220 440 380	12 Total Fat (g) 4.5 3 27 4 4.5 32 24	Good Fats (g) Na Na Na Na Na Na Na	Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7	4 Fiber (g) 4 4 4 9 3 3 9 9	8 Sugars (mg) 7 7 1 4 4 1 2	Na  Beta- carotene (mcg)  Na	20 Calcium (%DV)  6 6 6 30 8 8 15 20	30 Vit. C (%DV) 30 30 30 15 20 20 10 10	B vi (0,+,-) Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap	Portion Size	280 230 440 210 220 440 380	12 Total Fat (g) 4.5 3 27 4 4.5 32 24	Good Fats (g) Na Na Na Na Na Na Na	Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7	4 Fiber (g) 4 4 4 9 3 3 9 9	8 Sugars (mg) 7 7 1 4 4 1 2	Na  Beta- carotene (mcg)  Na	20 Calcium (%DV)  6 6 6 30 8 8 15 20	30 Vit. C (%DV) 30 30 30 15 20 20 10 10	B vii (0,+,4 Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs	Portion Size  1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6	Na Good Fats (g) Na Na Na Na Na Na Na Na Na	5  Bad Fats (g)  1.5  1  10.5  1.5  2  6.5  7  1	4 4 4 4 9 3 3 9 9	Sugars (mg)  7  7  1  4  4  1  2  2	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	Calcium (%DV)  6 6 8 8 15 20 10	30 Vit. C (%DV) 30 30 30 15 20 20 10 10	Na B vii (0,+,- Na Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6	Na Good Fats (g) Na	5  Bad Fats (g)  1.5  1  10.5  1.5  2  6.5  7  1	4 4 4 4 9 3 3 9 9	Sugars (mg)  7  7  1  4  4  1  2  2	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	Calcium (%DV)  6 6 8 8 15 20 10	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10	B vii (0.+.* Na Na Na Na Na Na Na Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550	12 Total Fat (g) 4.5 3 27 4 4.5 32 24 6	Na Good Fats (g) Na	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1	4 Fiber (g) 4 4 4 9 3 3 9 9 9	Sugars (mg)  7  7  1  4  4  1  2  2  8  8	Na Beta- carotene (mcg)  Na	Calcium (%DV)  6 6 8 8 15 20 10 13 20	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 10	B via (0.+ Na Na Na Na Na Na Na Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350	12 Total Fat (g) 4.5 3 27 4 4.5 32 24 6 28 28 7	Na Good Fats (g) Na	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 11 2.5	4 Fiber (g) 4 4 4 9 3 3 9 9 9	Sugars (mg)  7  7  1  4  4  1  2  2  8  8  9	Na  Beta- carotene (mcg)  Na	Calcium (%DV)  6 6 8 8 15 20 10 13 20 6	30 Vit. C (%DV) 30 30 15 20 20 10 10 10 10 35 35 30	B vi (0,+,+ Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT	Portion Size	280 230 440 210 220 440 380 190 540 550 350 630	12 Total Fat (g) 4.5 3 27 4 4.5 32 24 6 28 28 7 35	Na Good Fats (g) Na	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 11 2.5 14	4 4 4 9 3 3 9 9 9 9	Sugars (mg)  7  7  1  4  4  1  2  2  8  8  9 10	Na  Beta- carotene (mcg)  Na	Calcium (%DV)  6 6 6 30 8 8 15 20 10 13 20 6 15	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 10 35 35 30 35	Na B vii (0,+,+ Na Na Na Na Na Na Na Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860	12 Total Fat (g) 4.5 3 27 4 4.5 32 24 6 28 28 7 35 42	Na Good Fats (g) Na	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 11 2.5 14 20	Fiber (g) 4 4 9 3 3 9 9 9 5 4 4 10	Sugars (mg)  7  7  1  4  4  1  2  2  8  8  9  10  18	Na  Beta- carotene (mcg)  Na	Calcium (%DV)  6 6 6 30 8 8 15 20 10 13 20 6 15 25	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 35 35 30 35 80	Na B vii (0,+,+ Na Na Na Na Na Na Na Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara DM oven roasted chicken DM roast beef	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860 400	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6  28 28 28 7 35 42 8	Na Good Fats (g) Na	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 11 2.5 14 20 2.5	Fiber (g) 4 4 4 9 3 3 3 9 9 9 9 5 4 4 4 4 10 5 5	8 Sugars (mg) 7 7 1 4 4 1 2 2 8 8 9 10 18 11	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	15  Calcium (%DV)  6  6  30  8  8  15  20  10  13  20  6  15  25  6	30 Vit. C (%DV) 30 30 15 20 20 10 10 10 35 35 30 35 80 50	B vi (0,+,-,- Na N
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara DM oven roasted chicken DM roast beef DM subway club	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860 400 360	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6  28 28 7 35 42 8 7	Na Good Fats (g) Na	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 2.5 14 20 2.5 3.5	Fiber (g) 4 4 4 9 3 3 3 9 9 9 9 5 4 4 4 4 4 10 5 5 4	8 Sugars (mg) 7 7 1 4 4 1 2 2 8 8 9 10 18 11 9	Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	15  Calcium (%DV)  6  6  30  8  8  15  20  10  13  20  6  15  25  6  6  6	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 35 35 30 35 30 30 30 30 30 30 30 30 30 30	Na B vii (0,+,-1 Na Na Na Na Na Na Na Na Na Na Na Na Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara DM oven roasted chicken DM roast beef DM subway club DM turkey breast	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860 400 360 420	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6  28 28 7 35 42 8 7 8	Na  Good Fats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 2.5 14 20 2.5 3.5 3.5	Fiber (g) 4 4 9 3 3 9 9 9 5 4 4 4 10 5 4 5	8 Sugars (mg) 7 7 1 4 4 1 2 2 8 8 9 10 18 11 9 10	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	15  Calcium (%DV)  6  6  30  8  8  15  20  10  13  20  6  15  25  6  6  8	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 35 35 30 35 30 35 30 30 30 30 30 30 30 30 30 30	B vii (0.+ Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara DM oven roasted chicken DM roast beef DM subway club	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860 400 360 420 340	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6  28 28 7 35 42 8 7 8 6	Na  Good Fats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 11 2.5 14 20 2.5 3.5 3.5 1.5	Fiber (g) 4 4 9 3 3 9 9 9 5 4 4 10 5 4 5 4	Sugars (mg)  7  7  1  4  4  1  2  2  8  8  9  10  18  11  9  10  8	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	15  Calcium (%DV)  6  6  30  8  8  15  20  10  13  20  6  15  25  6  6  8  6	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 35 35 30 35 30 35 30 30 30 30 30 30 30 30 30 30	B vii (0.+ Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara DM oven roasted chicken DM roast beef DM subway club DM turkey breast DM turkey breast DM turkey breast, ham & bacon melt Desserts	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860 400 360 420 340 500	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6  28 28 7 35 42 8 7 8 6 17	Na  Good Fats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 2.5 14 20 2.5 3.5 3.5 1.5 8	Fiber (g) 4 4 9 3 3 9 9 9 5 4 4 10 5 4 5 4	Sugars (mg)  7  1  4  4  1  2  2  8  8  9  10  18  11  9  10  8  9	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	15  Calcium (%DV)  6  6  30  8  8  15  20  10  13  20  6  15  25  6  8  6  15	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 10 35 30 35 30 35 30 30 30 30 30 30 30 30 30 30	By vi (0,+,+) Na
Turkey breast Veggie Delite Deli Style & Wraps Chicken & bacon ranch w/cheese wrap Ham sandwich Roast beef sandwich Tuna w/cheese wrap Turkey breast & bacon w/chipotle, wrap Turkey breast wrap Double Meat 6-Inch Subs DM Chipotle southwest cheese steak DM cold cut combo DM ham DM Italian BMT DM meatball marinara DM oven roasted chicken DM roast beef DM subway club DM turkey breast DM turkey breast DM turkey breast DM turkey breast, ham & bacon melt	Portion Size  1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	280 230 440 210 220 440 380 190 540 550 350 630 860 400 360 420 340	12  Total Fat (g)  4.5 3  27 4 4.5 32 24 6  28 28 7 35 42 8 7 8 6	Na  Good Fats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	5 Bad Fats (g) 1.5 1 10.5 1.5 2 6.5 7 1 11 11 2.5 14 20 2.5 3.5 3.5 1.5	Fiber (g) 4 4 9 3 3 9 9 9 5 4 4 10 5 4 4 4	Sugars (mg)  7  7  1  4  4  1  2  2  8  8  9  10  18  11  9  10  8	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	15  Calcium (%DV)  6  6  30  8  8  15  20  10  13  20  6  15  25  6  6  8  6	30 Vit. C (%DV) 30 30 30 15 20 20 10 10 10 35 35 30 35 30 35 30 30 30 30 30 30 30 30 30 30	B vii (0,+,+ Na Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Peanut butter cookie	1	220	12	Na	5	1	16	Na	2	0	Na
Pie, apple	1	245	10	Na	2	1	25	Na	0	0	Na
White chip macadamia nut cookie	1	220	11	Na	5	<1	18	Na	2	0	Na
Salads											
Grilled chicken & baby spinach	1	140	3	Na	1	4	4	Na	10	80	Na
Subway club	1	160	4	Na	1.5	4	7	Na	6	50	Na
Tuna w/cheese	1	360	29	Na	6.5	4	5	Na	15	50	Na
Veggie Delite	1	60	1	0	0	4	5	Na	6	50	Na
Soups											
Brown & wild rice w/chicken	10 oz	220	11	Na	3.5	1	3	Na	15	50	Na
Chicken & dumpling	10 oz	140	3.5	Na	1.5	2	1	Na	4	0	Na
Chili con carne	10 oz	340	11	Na	5	10	7	Na	6	0	Na
Cream of broccoli	10 oz	140	5	Na	2	4	4	Na	15	20	Na
Cream of potato w/bacon	10 oz	220	10	Na	4	5	4	Na	10	0	Na
Minestrone	10 oz	90	0.5	0	0	4	4	Na	4	4	Na
New England clam chowder	10 oz	150	5	Na	1	2	2	Na	10	2	Na
Roasted chicken noodle	10 oz	90	1.5	Na	0.5	1	2	Na	2	2	Na
Spanish chicken w/rice	10 oz	110	2	Na	0.5	1	1	Na	2	4	Na
Tomato garden vegetable w/rotini	10 oz	100	1	0	0.5	3	8	Na	6	4	Na
FAST FOOD, Taco Bell											
Big Bell Value Menu											
Cheesy fiesta potatoes	1 serv	290	18	Na	9	2	2	Na	6	2	Na
Double decker taco	1	340	14	Na	6.5	5	2	Na	15	2	Na
Grande soft taco	i	450	21	Na	10.5	2	4	Na	20	2	Na
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Spicy chicken soft taco	1	180	7	Na	2	2	2	Na	8	6	Na
Spicy chicken burrito	1	420	19	Na	5.5	4	4	Na	15	6	Na
1/2 lb beef combo burrito	1	470	19	Na	9	5	4	Na	20	8	Na
1/2 lb beef & potato burrito	1	540	25	Na	8	4	4	Na	20	8	Na
Burritos											
Bean	1	370	10	Na	5.5	8	4	Na	20	8	Na
Burrito supreme, beef	1	440	18	Na	10	5	5	Na	20	15	Na
Burrito supreme, chicken	1	410	14	Na	8	5	5	Na	20	15	Na
Burrito supreme, steak	1	420	16	Na	9	6	5	Na	20	15	Na
Fiesta burrito, beef	1	390	14	Na	7	3	4	Na	20	6	Na
Fiesta burrito, chicken	1	370	11	Na	5	3	4	Na	20	6	Na
Fiesta burrito, steak	1	370	12	Na	5.5	3	4	Na	20	4	Na
Grilled stuft burrito, beef	1	720	32	Na	14	7	6	Na	35	6	Na
Grilled stuft burrito, chicken	1	670	25	Na	9.5	7	6	Na	30	10	Na
Grilled stuft burrito, steak	1	690	27	Na	11	7	6	Na	30	6	Na
Chalupas											
Chalupa supreme, beef	1	400	24	Na	10.5	2	4	Na	15	6	Na
Chalupa supreme, chicken	1	370	21	Na	9	2	4	Na	15	8	Na
Chalupa supreme, steak	1	370	22	Na	9	2	4	Na	15	6	Na
Chalupa baja, beef	1	450	28	Na	9	2	4	Na	15	6	Na
Chalupa baja, chicken	1	400	24	Na	7	2	4	Na	15	6	Na
Chalupa baja, steak	1	410	25	Na	8	2	4	Na	15	6	Na
Chalupa nacho cheese, beef	1	380	22	Na	8	2	4	Na	10	8	Na
				ING	0	-	-	144	10		110

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Chalupa nacho cheese, chicken	1	350	18	Na	7	2	4	Na	10	8	Na
Chalupa nacho cheese, steak	1	360	20	Na	7.5	2	4	Na	10	6	Na
Nachos & Sides											
Cinnamon twists	1	160	5	Na	2	<1	10	Na	0	0	0
Mexican rice	1 serv	200	9	Na	4	2	0	Na	10	8	Na
Nachos	1	320	20	Na	8.5	2	3	Na	8	0	Na
Nachos supreme	1	460	26	Na	11.5	5	3	Na	10	8	Na
Nachos BelGrande	1	790	44	Na	19	10	5	Na	15	10	Na
Tacos											
Crunchy taco	1	170	10	Na	4.5	<1	<1	Na	6	0	Na
Double decker taco supreme	1	360	18	Na	10	5	4	Na	15	6	Na
Grilled steak soft taco	1	280	17	Na	5.5	1	3	Na	10	6	Na
Ranchero chicken soft taco	1	270	14	Na	4.5	2	3	Na	10	8	Na
Soft taco, beef	1	210	10	Na	5	<1	2	Na	10	0	Na
Soft taco supreme, beef	1	260	14	Na	8	1	3	Na	15	6	Na
FAST FOOD, Wendy's											
Frosty											
Chocolate frosty, original, Jr.	1	160	4	Na	2.5	0	21	Na	15	0	Na
Chocolate frosty, original, small	1	330	8	Na	5	0	42	Na	30	0	Na
Chocolate frosty, original, medium	1	430	11	Na	7	0	55	Na	40	0	Na
Chocolate frosty, original, Fix 'N Mix	1	170	4	Na	2.5	0	22	Na	15	0	Na
Vanilla frosty, Jr.	1	150	4	Na	2.5	0	21	Na	15	0	Na
Vanilla frosty, small	1	310	8	Na	5	0	43	Na	30	0	Na
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size	Calories								(%DV)	
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Vanilla frosty, medium	Size 1	410	(g) 10	Fats (g) Na	Fats (g) 6	(g) 0	(mg) 57	carotene (mcg) Na	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++) Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads	Size 1 1	410 160	(g) 10 4	Fats (g) Na Na	6 2.5	0 0	57 22	Na Na Na	(% <b>DV</b> ) 40 15	(% <b>DV</b> ) 0 0	(0,+,++) Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad	Size 1 1	410 160 190	(g) 10 4	Fats (g) Na Na Na	6 2.5 2.5	0 0 4	(mg) 57 22 4	Na Na Na Na	(% <b>DV</b> ) 40 15 20	0 0 0	Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad	Size 1 1 1 1	410 160 190 340	(g) 10 4 5 18	Na Na Na Na Na	6 2.5 2.5 9	0 0 4 4	57 22 4 6	Na Na Na Na Na	40 15 20 30	0 0 0 90 50	Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	410 160 190 340 170	10 4 5 18 2	Na Na Na Na Na Na Na	Fats (g) 6 2.5 2.5 9 0.5	(g) 0 0 4 4 3	(mg) 57 22 4 6 13	Na Na Na Na Na Na Na	40 15 20 30 6	0 0 0 90 50 50	Na Na Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad	Size 1 1 1 1	410 160 190 340	(g) 10 4 5 18	Na Na Na Na Na	6 2.5 2.5 9	0 0 4 4	57 22 4 6	Na Na Na Na Na	40 15 20 30	0 0 0 90 50	Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches	1	410 160 190 340 170 440	(g) 10 4 5 18 2 22	Na Na Na Na Na Na Na Na	6 2.5 2.5 9 0.5 13	0 0 4 4 3 9	(mg) 57 22 4 6 13 10	Na Na Na Na Na Na Na Na Na	40 15 20 30 6 45	90 50 50 35	Na Na Na Na Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic	1	410 160 190 340 170 440	(g) 10 4 5 18 2 22 30	Na Na Na Na Na Na Na Na Na	Fats (g) 6 2.5 2.5 9 0.5 13	(g) 0 0 4 4 4 3 9	(mg) 57 22 4 6 13 10	Na Na Na Na Na Na Na Na Na	40 15 20 30 6 45	90 50 50 35	Na Na Na Na Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata	1	410 160 190 340 170 440 590 470	(g) 10 4 5 18 2 22 30 19	Na Na Na Na Na Na Na Na Na	6 2.5 2.5 9 0.5 13 13.5 6	(g) 0 0 4 4 3 9	(mg) 57 22 4 6 13 10 11 8	Na Na Na Na Na Na Na Na Na Na	40 15 20 30 6 45	90 50 50 35	Na Na Na Na Na Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal	1	410 160 190 340 170 440 590 470 320	10 4 5 18 2 22 30 19 13	Na Na Na Na Na Na Na Na Na Na	6 2.5 9 0.5 13 13.5 6 6.5	(g) 0 0 4 4 3 9	(mg) 57 22 4 6 13 10 11 8 7	Na Na Na Na Na Na Na Na Na Na Na	(% <b>DV</b> ) 40 15 20 30 6 45 15 20 10	90 50 50 35 15 20	Na Na Na Na Na Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich	1	410 160 190 340 170 440 590 470 320 650	5 18 2 22 30 19 13 31	Na Na Na Na Na Na Na Na Na Na Na	6 2.5 9 0.5 13 13.5 6 6.5 11.5	(g) 0 0 4 4 3 9 3 4 1 2	(mg) 57 22 4 6 13 10 11 8 7 8	Na Na Na Na Na Na Na Na Na Na Na	(% <b>DV</b> ) 40 15 20 30 6 45 15 20 10 40	90 50 50 35 15 20 0 8	Na Na Na Na Na Na Na Na Na Na Na
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything	1	410 160 190 340 170 440 590 470 320 650 420	5 18 2 22 30 19 13 31 20	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8	(g) 0 0 4 4 3 9 3 4 1 2 2	(mg) 57 22 4 6 13 10 11 8 7 8 8	Na N	(% <b>DV</b> ) 40 15 20 30 6 45 15 20 10 40 4	90 50 50 35 15 20 0 8	Na Na Na Na Na Na Na Na Na Na Na Na Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich	1	410 160 190 340 170 440 590 470 320 650 420 380	5 18 2 22 30 19 13 31 20 14	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5	(g) 0 0 4 4 3 9 3 4 1 2 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5	Na N	40 15 20 30 6 45 15 20 10 40 4 2	90 50 50 35 15 20 0 8 8 2	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich	1	410 160 190 340 170 440 590 470 320 650 420 380 450	5 18 2 22 30 19 13 31 20 14 19	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5	(g) 0 0 4 4 3 9 3 4 1 2 2 1 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10	90 50 50 50 35 15 20 0 8 8 2 8	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich	1	410 160 190 340 170 440 590 470 320 650 420 380 450 460	5 18 2 22 30 19 13 31 20 14 19 23	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10	(g) 0 0 4 4 3 9 3 4 1 2 2 1 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10	90 50 50 50 35 15 20 0 8 8 2 8	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Jr cheeseburger deluxe Frescata club	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440	5 18 2 22 30 19 13 31 20 14 19 23 17	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5	(g) 0 0 4 4 3 9 3 4 1 2 2 1 2 2 4	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 5	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2	90 50 50 50 35 15 20 0 8 8 2 8 15	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Jr cheeseburger deluxe Frescata club Ham & cheese sandwich, kids' meal	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440 240	(g) 10 4 5 18 2 22 30 19 13 31 20 14 19 23 17 6	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5 3	0 0 0 4 4 4 3 9 3 4 1 2 2 1 2 2 4	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 5 6	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2 8	90 50 50 50 35 15 20 0 8 8 2 8 15 2	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Jr cheeseburger deluxe Frescata club Ham & cheese sandwich, kids' meal Homestyle chicken fillet sandwich	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440 240 470	(g) 10 4 5 18 2 22 30 19 13 31 20 14 19 23 17 6 16	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5 3 3	(g) 0 0 4 4 4 3 9 3 4 1 2 2 1 2 2 4 1 1 2 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 5 6 8	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2 8 4	90 50 50 50 35 15 20 0 8 8 2 8 15 2 8	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Jr cheeseburger deluxe Frescata club Ham & cheese sandwich, kids' meal Homestyle chicken fillet sandwich Jr. bacon cheeseburger	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440 240 470 370	(g) 10 4 5 18 2 22 30 19 13 31 20 14 19 23 17 6 16 17	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5 3 3 7.5	(g) 0 0 4 4 4 3 9 3 4 1 2 2 2 4 1 2 2 2 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 6 8 6	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2 8 4 10	90 50 50 50 35 15 20 0 8 8 2 8 15 2 8	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Ir cheeseburger deluxe Frescata club Ham & cheese sandwich, kids' meal Homestyle chicken fillet sandwich Jr. bacon cheeseburger Jr. cheeseburger deluxe	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440 240 470 370 360	(g) 10 4 5 18 2 22 30 19 13 31 20 14 19 23 17 6 16 17 16	Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5 3 3 7.5 6.5	(g) 0 0 4 4 4 3 9 3 4 1 2 2 2 1 2 2 2 2 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 6 8 6 8	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2 8 4 10 10	90 50 50 50 35 15 20 0 8 8 2 8 15 2 8 8	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Jr cheeseburger deluxe Frescata club Ham & cheese sandwich, kids' meal Homestyle chicken fillet sandwich Jr. bacon cheeseburger Jr. cheeseburger	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440 240 470 370 360 280	10 4 5 18 2 22 22 30 19 13 31 20 14 19 23 17 6 16 17 16 9	Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5 3 3 7.5 6.5 4	(g) 0 0 4 4 4 3 9 3 4 1 2 2 2 1 2 2 2 1	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 5 6 8 7	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2 8 4 10 10 2	90 50 50 50 35 15 20 0 8 8 2 8 15 2 8 6 8	Na N
Vanilla frosty, medium Vanilla frosty, Fix 'N Mix Salads Caesar chicken salad Chicken BLT salad Mandarin chicken salad Southwest taco salad Sandwiches Big bacon classic Black forest ham & swiss Frescata Cheeseburger, kids' meal Chicken club sandwich Classic single w/everything Crispy chicken sandwich Deluxe crispy chicken sandwich Double Ir cheeseburger deluxe Frescata club Ham & cheese sandwich, kids' meal Homestyle chicken fillet sandwich Jr. bacon cheeseburger Jr. cheeseburger deluxe	Size	410 160 190 340 170 440 590 470 320 650 420 380 450 460 440 240 470 370 360	(g) 10 4 5 18 2 22 30 19 13 31 20 14 19 23 17 6 16 17 16	Na N	6 2.5 9 0.5 13 13.5 6 6.5 11.5 8 2.5 5 10 3.5 3 3 7.5 6.5	(g) 0 0 4 4 4 3 9 3 4 1 2 2 2 1 2 2 2 2 2	(mg) 57 22 4 6 13 10 11 8 7 8 8 5 7 8 6 8 6 8	Na N	40 15 20 30 6 45 15 20 10 40 4 2 10 10 2 8 4 10 10	90 50 50 50 35 15 20 0 8 8 2 8 15 2 8 8	Na N

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Spicy chicken fillet sandwich	1	480	17	Na	3	4	8	Na	4	8	Na
Ultimate chicken grill sandwich	1	370	8	Na	1.5	2	10	Na	4	10	Na
Sides and Nuggets											
Caesar side salad w/o dressing	1	80	4.5	Na	2	2	1	Na	10	35	Na
Chili	Small	220	6	Na	2.5	5	6	Na	8	4	Na
Chili	Large	330	9	Na	4	8	9	Na	10	6	Na
French fries	Small	370	18	Na	3.5	5	0	Na	2	8	Na
French fries	Large	540	26	Na	5	7	0	Na	2	10	Na
Nuggets, 4 piece kids' meal	4 pcs	190	12	Na	2	0	1	Na	0	0	Na
Nuggets, 10 piece	10 pcs	460	30	Na	6	0	1	Na	2	0	Na
Sour cream & chives baked potato	i	320	4	Na	2.5	7	4	Na	8	60	Na
FIGS											
Canned, solids & liquid	1 c	131	0	0	0	5	29	57	7	4	0
Fresh, large 2.5"	1	47	ő	0	ō	2	10	54	2	2	ō
Stewed	1 c	277	1	0	o	11	60	7	18	19	+
SunMaid, mission & calimyrna	4	120	ò	o	0	5	21	Ńa	6	0	ò
FILBERTS, dry roasted, no salt	1 oz	182	18	13	2	3	1	10	3	i	ő
FLOUNDER, baked	3 oz	99	1	0	0	0	Ö	0	1	Ö	+
	302	33	'	0	v	U	v	0		0	-
FLOUR		***	•	N-							
Barley	1 c	511	2	Na	0	15	1	0	4	0	+
Corn, whole grain, yellow	1 c	422	5	1	1	16	1	113	0	0	+
Cornmeal, self-rising, enriched	1 c	489	2	0.5	0	10	0	0	48	0	++
Gold Medal, unbleached, all-purpose	V4 C	100	0	0	0	1	1	Na	0	0	Na
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit.
Food Rice, brown		Calories 574	Total Fat (g) 4.5	Good Fats (g)	Bad Fats (g) 1	Fiber (g)	Sugars (mg)			Vit. C (%DV)	B vit. (0,+,++)
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++
Rice, brown	Size 1 c	574	(g) 4.5	Fats (g) 1.5	Fats (g)	(g) 7	(mg)	carotene (mcg)	(%DV)	(% <b>DV</b> )	++,0)
Rice, brown Rye, dark	Size 1 c	574	(g) 4.5	Fats (g) 1.5	Fats (g)	(g) 7	(mg)	carotene (mcg)	(%DV)	(% <b>DV</b> )	++,0)
Rice, brown Rye, dark FRANKFURTERS	Size 1 c	574	(g) 4.5	Fats (g) 1.5	Fats (g)	(g) 7	(mg)	carotene (mcg)	(%DV)	(% <b>DV</b> )	++,0)
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks	Size 1 c 1 c	574 415	4.5 3	1.5 0.5	Fats (g) 1 0	7 29	(mg) 0 1	O O	( <b>%DV</b> ) 2 7	(% <b>DV</b> ) 0 0	+ Na
Rice, brown Rye, dark FRANKFURTERS Ballpark	Size 1 c 1 c	574 415	4.5 3	1.5 0.5 Na	Fats (g) 1 0 7	7 29 0	0 1	0 0 0	( <b>%DV</b> ) 2 7	0 0 0	+ Na 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey	1 c 1 c 1 c 1	574 415 180 45	4.5 3	1.5 0.5 Na 0	7 0	(g) 7 29 0 0	0 1 2 3	0 0 0 0	2 7 0 0	0 0 0	+ Na 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style	1 c 1 c 1 c 1 1 1 1	574 415 180 45 250	4.5 3 16 0 23	1.5 0.5 Na 0 Na	7 0 9	7 29 0 0	0 1 2 3 1	0 0 0 0	0 0 0	0 0 0 6 6 6 12	+ Na 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef	1 c 1 c 1 c 1 1 1 1	574 415 180 45 250	4.5 3 16 0 23 23	1.5 0.5 Na 0 Na	7 0 9	7 29 0 0	0 1 2 3 1	0 0 0 0 0 0 0	0 0 0	0 0 0 6 6 6 12	+ Na 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250	4.5 3 16 0 23	Na O.S Na Na Na Na	7 0 9 9	0 0 0 0 0	(mg) 0 1 2 3 1	0 0 0 0	0 0 0 0	0 0 6 6 12 8	+ Na 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250	4.5 3 16 0 23 23	Na O Na Na Na	7 0 9 9	0 0 0 0 0	(mg) 0 1 2 3 1 1	0 0 0 0 0 0 0 0	0 0 0 0 0	0 0 0 6 6 6 12 8	+ Na 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef 1/4 lb dinner frank Beef frank	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150	4.5 3 16 0 23 23 1.5 32 14	Na O Na Na Na Na Na Na	7 0 9 9 1 15 6	0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0	6 6 6 12 8 0	+ Na 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef 1/4 lb dinner frank Beef frank Cocktail franks	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350	4.5 3 16 0 23 23 23	Na O Na Na Na Na Na	7 0 9 9 1 1 15	0 7 29 0 0 0 0	(mig) 0 1 2 3 1 1 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0	6 6 6 12 8	+ Na 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef V4 lb dinner frank Beef frank Cocktail franks Oscar Mayer	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180	4.5 3 16 0 23 23 1.5 32 14 16	Na O Na Na Na Na Na Na Na Na	7 0 9 9 1 15 6 7 7	0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0	6 6 6 12 8 0 0	+ Na 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef ¼ Ib dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180	16 0 23 23 1.5 32 14 16	Na O Na Na Na Na Na Na Na	7 0 9 9 1 15 6 7 8	0 0 0 0 0 0 0	(mig) 0 1 2 3 1 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	6 6 6 12 8 0 0	+ Na 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef ¼ Ib dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 180	16 0 23 23 1.5 32 14 16	Na O Na Na Na Na Na Na Na Na Na	7 0 9 9 1 15 6 7 7 8 7 7	0 0 0 0 0 0 0	(mig) 0 1 2 3 1 0 0 0 0 1	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	6 6 6 12 8 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 9746 fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks Beef jumbo	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180	16 0 23 23 1.5 32 14 16	Na O Na	7 0 9 9 1 15 6 7 7 8 7 8	0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	6 6 6 12 8 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 9746 fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks Beef jumbo Cheese dogs	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180 140	16 0 23 23 1.5 32 14 16 17 13 17	Na O Na	7 0 9 9 1 15 6 7 8 7 8 4	0 0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1 0 0 0 1 1 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	6 6 6 12 8 0 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 9746 fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks Beef jumbo Cheese dogs Turkey franks	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180	16 0 23 23 1.5 32 14 16	Na O Na	7 0 9 9 1 15 6 7 7 8 7 8	0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	6 6 6 12 8 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 9746 fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef jumbo Cheese dogs Turkey franks FRANKFURTER SUBSTITUTES	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180 140 100	16 0 23 23 1.5 32 14 16 17 13 17	Na O Na	7 0 9 9 1 15 6 7 8 4 2.5	0 0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1 0 1	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 6 6 6 12 8 0 0 0 0 0 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks Beef jumbo Cheese dogs Turkey franks FRANKFURTER SUBSTITUTES Morningstar veggie dog	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180 140 100	16 0 23 23 1.5 32 14 16 17 13 17 13 8	Na O Na	7 0 9 9 1 15 6 7 8 4 2.5 0	0 0 0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1 2 1 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 6 6 6 12 8 0 0 0 0 0 0 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 ++
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks Beef franks FRANKFURTER SUBSTITUTES Morningstar veggie dog Morningstar corn dog	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180 140 100	16 0 23 23 1.5 32 14 16 17 13 17 13 8	Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	7 0 9 9 1 15 6 7 8 4 2.5 0 0.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1 2 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 6 6 6 12 8 0 0 0 0 0 0 0 0 0 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 0 + Na
Rice, brown Rye, dark FRANKFURTERS Ballpark Beef franks Bun size smoked white turkey Grillmaster deli style Grillmaster hearty beef Hebrew National 97% fat free beef 1/4 lb dinner frank Beef frank Cocktail franks Oscar Mayer Beef bun-length Beef franks Beef jumbo Cheese dogs Turkey franks FRANKFURTER SUBSTITUTES Morningstar veggie dog	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	574 415 180 45 250 250 45 350 150 180 140 180 140 100	16 0 23 23 1.5 32 14 16 17 13 17 13 8	Na O Na	7 0 9 9 1 15 6 7 8 4 2.5 0	0 0 0 0 0 0 0 0 0 0	(mig) 0 1 2 3 1 1 0 0 0 1 1 1 2 1 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 6 6 6 12 8 0 0 0 0 0 0 0 0	+ Na 0 0 0 0 0 0 0 0 0 0 0 ++

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Yves, tofu dog	1	47	0.5	0	0	0	0	Na	2	0	0
Yves, veggie dog	1	56	0	0	0	1	0	Na	2	0	+
FRENCH TOAST											
Aunt Jemima cinnamon French toast	2 slices	240	7	Na	1.5	2	6	0	10	0	0
Dunkables French toast sticks	6 sticks	240	7	Na	3.5	2	11	Na	8	0	+
FROSTING											
Betty Crocker											
Rich & Creamy butter cream	2 tbs	140	5	Na	3	0	20	0	0	0	0
Rich & Creamy caramel	2 tbs	140	5	Na	3	0	20	0	0	0	0
Rich & Creamy cherry	2 tbs	150	7	Na	4.5	0	20	0	0	0	0
Rich & Creamy coconut pecan	2 tbs	140	7	Na	4.5	<1	16	0	0	0	0
Rich & Creamy vanilla	2 tbs	140	5	Na	3	0	20	0	0	0	0
Whipped butter cream	2 tbs	110	5	Na	3	0	13	0	0	0	0
Whipped chocolate	2 tbs	100	5	Na	2.5	1	12	0	0	0	0
Whipped cream cheese	2 tbs	110	5	Na	3	0	13	0	0	0	0
Whipped milk chocolate	2 tbs	100	4.5	Na	2.5	0	12	0	0	0	0
Whipped vanilla	2 tbs	110	5	Na	3	0	13	0	0	0	0
Whipped whipped cream	2 tbs	100	5	Na	3	0	13	0	0	0	0
FROZEN BREAKFAST											
Amy's Kitchen, breakfast burrito	1	250	7	Na	0.5	5	4	Na	6	10	Na
Jimmy Dean wrap, sausage, egg, cheese	1	320	17	0.5	7.5	5	5	0	30	0	++
Pillsbury Toaster Scramble bacon & sausage	1	180	12	Na	5	0	1	Na	0	0	Na
Pillsbury Toaster Scramble cheese, egg, bacon	1	180	12	Na	5	0	1	Na	0	0	Na
South Beach Diet breakfast wrap, all-American	1	230	9	Na	3	6	3	Na	25	0	Na
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
South Beach Diet breakfast wrap,											
Denver	1	210	8	Na	2.5	6	3	Na	20	4	Na
South Beach Diet breakfast wrap,	-		-			-				-	
SW style											
	1	190	6	Na	2	6	2	Na	15	6	Na
South Beach Diet breakfast wrap.	1	190	6	Na	2	6	2	Na	15	6	Na
South Beach Diet breakfast wrap, vegetable											
vegetable	1	190 160	6	Na Na	3	6 15	2	Na Na	15 25	6 4	Na Na
vegetable FROZEN DINNERS & ENTREES											
vegetable FROZEN DINNERS & ENTREES Amy's Kitchen	1	160	6	Na	3	15	2	Na	25	4	Na
vegetable FROZEN DINNERS & ENTREES Amy's Kitchen Asian noodle stir-fry	1 1 pkg	160 290	6	Na Na	3	15	2	Na O	25 10	4	Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry  Black bean vegetable enchilada	1 1 pkg 1	160 290 180	6 7 6	Na Na Na	3 1 0.5	15 4 3	2 16 2	Na O Na	25 10 4	4 50 10	Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry  Black bean vegetable enchilada  Broccoli pot pie	1 1 pkg	160 290 180 430	6 7 6 22	Na Na Na Na	3 1 0.5 10	15 4 3 4	2 16 2 3	Na O Na Na	25 10 4 15	50 10 45	Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry  Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl	1 1 pkg 1 1	290 180 430 260	6 7 6 22 9	Na Na Na Na Na	3 1 0.5 10 1	15 4 3 4 5	2 16 2 3 7	Na O Na Na Na	25 10 4 15 8	50 10 45 35	Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry  Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl  Country vegetable pie	1 pkg 1 1 1	290 180 430 260 370	6 7 6 22 9 16	Na Na Na Na Na Na	3 1 0.5 10 1	15 4 3 4 5 4	2 16 2 3 7 5	Na O Na Na Na Na	25 10 4 15 8 20	50 10 45 35 30	Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry  Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl  Country vegetable pie  Indian matter paneer	1 pkg 1 1 1 1 1 1 pkg	290 180 430 260 370 320	6 7 6 22 9 16 8	Na Na Na Na Na Na	3 1 0.5 10 1 9	15 4 3 4 5 4 6	2 16 2 3 7 5	Na O Na Na Na Na Na	25 10 4 15 8 20 10	50 10 45 35 30 30	Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps	1 pkg 1 1 1 1 1 pkg 1	290 180 430 260 370 320 260	6 7 6 22 9 16 8	Na Na Na Na Na Na Na	3 0.5 10 1 9 1.5	15 4 3 4 5 4 6 4	2 16 2 3 7 5 8 3	Na O Na Na Na Na Na Na	25 10 4 15 8 20 10 4	50 10 45 35 30 30 25	Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps  Macaroni & cheese	1 pkg 1 1 1 1 1 pkg 1 wrap 9 oz pkg	290 180 430 260 370 320 260 410	7 6 22 9 16 8 8	Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1	15 4 3 4 5 4 6 4 3	2 16 2 3 7 5 8 3 6	Na O Na Na Na Na Na Na Na	25 10 4 15 8 20 10 4 30	50 10 45 35 30 30 25 2	Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada Broccoli pot pie Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps  Macaroni & cheese  Mexican casserole bowl	1 pkg 1 1 1 1 1 pkg 1 wrap 9 oz pkg 1	290 180 430 260 370 320 260 410	6 7 6 22 9 16 8 8 16 16	Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5	15 4 3 4 5 4 6 4 3 7	2 16 2 3 7 5 8 3 6 3	Na O Na Na Na Na Na Na Na Na	25 10 4 15 8 20 10 4 30 25	50 10 45 35 30 30 25 2	Na Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps  Macaroni & cheese  Mexican casserole bowl  Non-dairy vegetable pot pie	1 pkg 1 1 1 1 1 pkg 1 vrap 9 oz pkg 1	290 180 430 260 370 320 260 410 470 360	6 7 6 22 9 16 8 8 16 16	Na Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5	15 4 3 4 5 4 6 4 3 7 4	2 16 2 3 7 5 8 3 6 3 3	Na O Na Na Na Na Na Na Na Na	25 10 4 15 8 20 10 4 30 25 6	50 10 45 35 30 30 25 2 6	Na Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada  Broccoli pot pie  Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps  Macaroni & cheese  Mexican casserole bowl  Non-dairy vegetable pot pie Pesto tortelli bowl	1 pkg 1 1 1 1 pkg 1 wrap 9 oz pkg 1	290 180 430 260 370 320 260 410 470 360 430	6 7 6 22 9 16 8 8 16 16 13	Na Na Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5 1.5 8	15 4 3 4 5 4 6 4 3 7 4 3 7	2 16 2 3 7 5 8 3 6 3 3 5	Na Na Na Na Na Na Na Na Na Na	25 10 4 15 8 20 10 4 30 25 6 40	50 10 45 35 30 30 25 2 6 15 8	Na Na Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada Broccoli pot pie Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps Macaroni & cheese Mexican casserole bowl Non-dairy vegetable pot pie Pesto tortelli bowl Ravioli bowl	1 pkg 1 1 1 1 pkg 1 wrap 9 oz pkg 1 1 1	290 180 430 260 370 320 260 410 470 360 430 380	7 6 22 9 16 8 8 16 16 13 19	Na Na Na Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5 1.5 8 4.5	15 4 3 4 5 4 6 4 3 7 4 3 4 3 7	2 16 2 3 7 5 8 3 6 3 3 5 7	Na Na Na Na Na Na Na Na Na Na Na	25 10 4 15 8 20 10 4 30 25 6 40 20	50 10 45 35 30 30 25 2 6 15 8 20	Na Na Na Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada Broccoli pot pie Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps Macaroni & cheese Mexican casserole bowl Non-dairy vegetable pot pie Pesto tortelli bowl Ravioli bowl Santa Fe enchilada bowl	1 pkg 1 1 1 1 pkg 1 wrap 9 oz pkg 1 1 1	290 180 430 260 370 320 260 410 470 360 430 380 350	7 6 22 9 16 8 8 16 16 13 19 12	Na Na Na Na Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5 1.5 8 4.5 2	15 4 3 4 5 4 6 4 3 7 4 3 4 10	2 16 2 3 7 5 8 3 6 3 3 5 7 5	Na	25 10 4 15 8 20 10 4 30 25 6 40 20 10	50 10 45 35 30 30 25 2 6 15 8 20 40	Na Na Na Na Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada Broccoli pot pie Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps Macaroni & cheese Mexican casserole bowl Non-dairy vegetable pot pie Pesto tortelli bowl Ravioli bowl Santa Fe enchilada bowl Shepherd's pie	1 pkg 1 1 1 1 pkg 1 wrap 9 oz pkg 1 1 1	290 180 430 260 370 320 260 410 470 360 430 380 350 160	7 6 22 9 16 8 8 16 16 13 19 12	Na Na Na Na Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5 1.5 8 4.5 2	15 4 3 4 5 4 6 4 3 7 4 3 4 10 5	2 16 2 3 7 5 8 3 6 3 3 5 7 5 5	Na	25 10 4 15 8 20 10 4 30 25 6 40 20 10	50 10 45 35 30 30 25 2 6 15 8 20 40 30	Na Na Na Na Na Na Na Na Na Na Na Na
vegetable  FROZEN DINNERS & ENTREES  Amy's Kitchen  Asian noodle stir-fry Black bean vegetable enchilada Broccoli pot pie Brown rice & vegetables bowl  Country vegetable pie Indian matter paneer Indian samosa wraps Macaroni & cheese Mexican casserole bowl Non-dairy vegetable pot pie Pesto tortelli bowl Ravioli bowl Santa Fe enchilada bowl	1 pkg 1 1 1 1 pkg 1 wrap 9 oz pkg 1 1 1	290 180 430 260 370 320 260 410 470 360 430 380 350	7 6 22 9 16 8 8 16 16 13 19 12	Na Na Na Na Na Na Na Na Na Na Na Na Na	3 1 0.5 10 1 9 1.5 1 10 5 1.5 8 4.5 2	15 4 3 4 5 4 6 4 3 7 4 3 4 10	2 16 2 3 7 5 8 3 6 3 3 5 7 5	Na	25 10 4 15 8 20 10 4 30 25 6 40 20 10	50 10 45 35 30 30 25 2 6 15 8 20 40	Na Na Na Na Na Na Na Na Na Na Na Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Vegetable pot pie	1	420	19	Na	12	4	3	Na	4	10	Na
Whole Meals: black bean enchilada	1 meal	330	8	Na	1	9	4	Na	6	20	Na
Whole Meals: cheese enchilada	1 meal	350	15	Na	7	6	6	Na	30	35	Na
Whole Meals: chili & cornbread	1 meal	340	6	Na	2.5	10	14	Na	10	25	Na
Whole Meals: veggie loaf	1 meal	280	7	Na	1	7	6	Na	4	50	Na
Birds Eye											
Alfredo chicken, cooked	1 c	320	17	Na	10	2	5	Na	10	20	Na
Beef steak & garlic potatoes, cooked	1 c	190	7	Na	2	3	4	Na	4	4	Na
Chicken fajita, cooked	1 c	150	6	Na	2	3	7	Na	2	70	Na
Garden herb chicken, cooked	1 c	280	11	Na	6	3	9	Na	10	10	Na
Garlic shrimp, cooked	1 c	220	8	Na	3.5	2	6	Na	6	25	Na
Pesto chicken primavera, cooked	1 c	210	7	Na	2	2	7	Na	10	30	Na
Teriyaki chicken, cooked	1 c	250	2.5	Na	0	2	12	Na	4	25	Na
Gorton's											
Beer batter fillets	2 fillets	230	14	Na	2.5	0	3	0	2	0	+
Classic grilled salmon	1 fillet	100	3.5	1.5	0.5	0	1	0	0	0	+
Crispy battered fillets	2 fillets	260	17	Na	3	0	3	0	2	0	+
Crunchy golden fillets	2 fillets	240	12	Na	2.5	0	3	0	2	0	+
Fish sticks	6 sticks	250	14	Na	3.5	0	2	0	2	0	+
Fried rice shrimp bowl	1	350	2.5	Na	0.5	1	9	0	10	4	+
Garlic & herb fish fillets	2 fillets	230	12	Na	2	0	4	0	2	0	+
Grilled fillets, Cajun blackened	1 fillet	100	3	Na	0.5	0	0	0	2	0	+
Grilled fillets, lemon pepper	1 fillet	100	3	Na	0.5	0	0	0	0	0	+
Original batter tenders	4 oz	270	15	Na	3	0	2	0	0	0	+
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Parmesan breaded fillets		Calories 250	(g) 15		Bad Fats (g) 3	(g) 0	(mg) 5	carotene (mcg)	(%DV)	(% <b>DV</b> )	
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Parmesan breaded fillets	Size 2 fillets	250	(g) 15	Fats (g) Na	Fats (g) 3	(g) 0	(mg) 5	carotene (mcg)	(%DV)	(% <b>DV</b> )	+
Parmesan breaded fillets Popcorn fish	2 fillets 11 pcs	250 280	(g) 15 17	Fats (g) Na Na	Fats (g) 3 4.5	(g) 0 0	(mg) 5 3	carotene (mcg) 0 0	(%DV) 2 2	(% <b>DV</b> ) 0 0	+ +
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter	2 fillets 11 pcs 18 pcs	250 280 270	(g) 15 17 16	Fats (g) Na Na Na	Fats (g) 3 4.5 4.5	(g) 0 0 0	(mg) 5 3 2	0 0 0	(%DV) 2 2 2	(% <b>DV</b> ) 0 0 0	+ + Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original	2 fillets 11 pcs 18 pcs 20 pcs	250 280 270 240	(g) 15 17 16 12	Fats (g) Na Na Na Na Na	3 4.5 4.5 3.5	0 0 0 0	(mg) 5 3 2 2	0 0 0 0 0	(%DV) 2 2 2 2 2	0 0 0 0	+ + Na Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets	250 280 270 240 240	(g) 15 17 16 12 13	Rats (g)  Na  Na  Na  Na  Na  Na  Na	3 4.5 4.5 3.5 2.5	0 0 0 0 0	(mg) 5 3 2 2 3	0 0 0 0 0 0	(%DV) 2 2 2 2 2	0 0 0 0 0	+ + Na Na Na +
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets	250 280 270 240 240	(g) 15 17 16 12 13	Rats (g)  Na  Na  Na  Na  Na  Na  Na	3 4.5 4.5 3.5 2.5	0 0 0 0 0	(mg) 5 3 2 2 3	0 0 0 0 0 0	(%DV) 2 2 2 2 2	0 0 0 0 0	+ + Na Na Na +
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1	250 280 270 240 240 320	(g) 15 17 16 12 13 6	Na Na Na Na Na Na Na Na	Fats (g) 3 4.5 4.5 3.5 2.5 1	0 0 0 0 0 2	(mg) 5 3 2 2 3 14	0 0 0 0 0 0 0	2 2 2 2 2 2 2 15	0 0 0 0 0 0 40	+ + Na Na Na + Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1	250 280 270 240 240 320	(g) 15 17 16 12 13 6	Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1	0 0 0 0 0 2	(mg) 5 3 2 2 3 14	o 0 0 0 0 0 0 0	(%DV) 2 2 2 2 2 2 15	0 0 0 0 0 0 40	+ + Na Na Na + Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1	250 280 270 240 240 320 270 190	(g) 15 17 16 12 13 6 4.5	Na Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1	0 0 0 0 0 2 3 3	(mg) 5 3 2 2 3 14 5 7	0 0 0 0 0 0 0 0 0	(%DV) 2 2 2 2 2 2 15 10 4	0 0 0 0 0 0 40 25 40	+ + Na Na Na + Na O
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 11/2 c	250 280 270 240 240 320 270 190 240	(g) 15 17 16 12 13 6 4.5 2	Na Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1 3 0	0 0 0 0 0 2 3 3 3	(mg)  5 3 2 2 3 14 5 7 8	0 0 0 0 0 0 0 0 0 0	(%DV)  2  2  2  2  15  10  4  4	0 0 0 0 0 0 40 25 40 50	(0,+,++) + + Na Na + Na - Na 0
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 11/2 c	250 280 270 240 240 320 270 190 240	(g) 15 17 16 12 13 6 4.5 2	Na Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1 3 0	0 0 0 0 0 2 3 3 3	(mg)  5 3 2 2 3 14 5 7 8	0 0 0 0 0 0 0 0 0 0	(%DV)  2  2  2  2  15  10  4  4	0 0 0 0 0 0 40 25 40 50	(0,+,++) + + Na Na + Na - Na 0
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 11/2 c 1 c	250 280 270 240 240 320 270 190 240 230	(g) 15 17 16 12 13 6 4.5 2	Na Na Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5	0 0 0 0 0 0 2 3 3 4	(mg) 5 3 2 2 3 14 5 7 8 5	0 0 0 0 0 0 0 0 0 0 0 Na 0 0 Na	(%DV)  2 2 2 2 2 15 10 4 4 6	0 0 0 0 0 40 25 40 50 25	(0,+,++) + + Na Na + Na Na O O
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 11/2 c 1 c	250 280 270 240 240 320 270 190 240 230	(g) 15 17 16 12 13 6 4.5 2 1 6	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5	0 0 0 0 0 0 2 3 3 4	(mg) 5 3 2 2 3 14 5 7 8 5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6	0 0 0 0 0 0 40 25 40 50 25	(0,+,++) + + Na Na + Na 0 0 0
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 1 c 1 c 1 c 1 c 1 c	250 280 270 240 240 320 270 190 240 230 210 270	(g) 15 17 16 12 13 6 4.5 2 1 6	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5	0 0 0 0 0 0 2 3 3 4	(mg) 5 3 2 2 3 14 5 7 8 5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6	(%DV) 0 0 0 0 0 40 25 40 50 25 70 30	(0,+,++) + Na Na + Na Na 0 0 0 Na Na Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep. Szechuan, prep.	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 11/2 c 1 c 1 c 1 c 1 c 1 c	250 280 270 240 240 320 270 190 240 230 210 270 260	(g) 15 17 16 12 13 6 4.5 2 1 6	Na Na Na Na Na Na Na Na Na O Na O Na	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5	0 0 0 0 0 0 2 3 3 4 3 4	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6	0 0 0 0 0 0 40 25 40 50 25 70 30 80	(0,+,++) + + Na Na + Na 0 0 0 Na Na Na Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep. Szechuan, prep. Teriyaki, prep. Teriyaki, prep. Healthy Choice—Complete Selections	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 11/2 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	250 280 270 240 240 320 270 190 240 230 210 270 260 190 180	(g) 15 17 16 12 13 6 4.5 2 1 6 7 7 7 12 9 6	Na Na Na Na Na Na Na Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5 1 1.5 2 2.5 1	0 0 0 0 0 0 2 3 3 3 4 4 3 2 4 3 3	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4 4 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6 4 4 6 4 4	(%DV) 0 0 0 0 0 40 25 40 50 25 70 30 80 50 70	(0,+,++) + + Na Na + Na 0 0 0 Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep. Szechuan, prep. Teriyaki, prep. Teriyaki, prep. Healthy Choice—Complete Selections Asiago chicken portabello	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 C 1 c 11/2 C 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	250 280 270 240 240 320 270 190 240 230 210 270 260 190 180	(g) 15 17 16 12 13 6 4.5 2 1 6 7 7 7 12 9 6	Na Na Na Na Na Na Na Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5 1 1.5 2 2.5 1	0 0 0 0 0 0 2 3 3 4 4 3 2 4 3 7	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4 4 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6 4 4 8	(%DV) 0 0 0 0 0 40 25 40 50 25 70 30 80 50 70	(0,+,++) + + Na Na + Na 0 0 0 Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep. Szechuan, prep. Teriyaki, prep. Teriyaki, prep. Healthy Choice—Complete Selections Asiago chicken portabello Beef pot roast	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 1 /2 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	250 280 270 240 240 320 270 190 240 230 210 270 260 190 180	(g) 15 17 16 12 13 6 4.5 2 1 6 7 7 7 12 9 6	Na N	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5 1 1.5 2 2.5 1	0 0 0 0 0 0 2 3 3 4 3 2 4 3 3 7 5	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4 4 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6 4 4 6 4 4 8 4	(%DV)  0  0  0  0  40  25  40  50  25  70  30  80  50  70  8  30	(0,+,++) + + Na Na + Na 0 0 0 Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep. Szechuan, prep. Teriyaki, prep. Healthy Choice—Complete Selections Asiago chicken portabello Beef pot roast Charbroiled beef patty	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	250 280 270 240 240 320 270 190 240 230 210 270 260 190 180 330 310 310	(g) 15 17 16 12 13 6 4.5 2 1 6 7 7 7 12 9 6	Na N	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5 1 1.5 2 2.5 1 2 3 3 3	0 0 0 0 0 0 2 3 3 4 3 2 4 3 3 7 5 6	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4 4 3 12 21 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 15 10 4 4 6 4 4 6 4 4 4	(%iDV)  0  0  0  0  0  40  25  40  50  25  70  30  80  50  70  8  30  6	(0,+,++) + Na Na Na + Na 0 0 0 Na Na Na Na Na Na 0 0 0 0
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry lo mein, prep. Stechuan, prep. Teriyaki, prep. Teriyaki, prep. Healthy Choice—Complete Selections Asiago chicken portabello Beef pot roast Charbroiled beef patty Chicken enchilada suprema	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	250 280 270 240 240 320 270 190 240 230 210 270 260 190 180 330 310 310 352	(g) 15 17 16 12 13 6 4.5 2 1 6 7 7 7 12 9 6 5 Na 9 8	Na N	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5 1 1.5 2 2.5 1 2 3 3 3 3 3 3	0 0 0 0 0 0 2 3 3 4 3 2 4 3 3 7 5 6 5	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4 4 3 12 21 9 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 2 15 10 4 4 6 4 4 6 4 4 5	(%iDV)  0 0 0 0 0 40 25 40 50 25 70 30 80 50 70 8 30 6 0	(0,+,++) + + Na Na Na + Na 0 0 0 Na
Parmesan breaded fillets Popcorn fish Popcorn shrimp, beer batter Popcorn shrimp, original Ranch fillets Teriyaki shrimp bowl Green Giant—Complete Skillet Meals Chicken alfredo, prep. Chicken low mein, prep. Chicken teriyaki, prep. Garlic chicken pasta, prep. Green Giant—Create A Meal Spicy Teriyaki, prep. Stir-fry lo mein, prep. Stir-fry sesame, prep. Szechuan, prep. Teriyaki, prep. Healthy Choice—Complete Selections Asiago chicken portabello Beef pot roast Charbroiled beef patty	2 fillets 11 pcs 18 pcs 20 pcs 2 fillets 1 11/4 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	250 280 270 240 240 320 270 190 240 230 210 270 260 190 180 330 310 310	(g) 15 17 16 12 13 6 4.5 2 1 6 7 7 7 12 9 6	Na N	3 4.5 4.5 3.5 2.5 1 3 0 0 2.5 1 1.5 2 2.5 1 2 3 3 3	0 0 0 0 0 0 2 3 3 4 3 2 4 3 3 7 5 6	(mg) 5 3 2 2 3 14 5 7 8 5 9 7 4 4 3 12 21 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 2 2 2 15 10 4 4 6 4 4 6 4 4 4	(%iDV)  0  0  0  0  0  40  25  40  50  25  70  30  80  50  70  8  30  6	(0,+,++) + Na Na Na + Na 0 0 0 Na Na Na Na Na Na 0 0 0 0

ood	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Country breaded chicken	1 pkg	370	9	Na	2	6	19	0	4	4	0
Creamy garlic shrimp	1 pkg	280	5	Na	1.5	5	16	0	10	8	0
Grilled turkey breast	1 pkg	270	3	0	1	5	26	0	8	80	0
Honey glazed chicken	1 pkg	270	6	Na	1.5	7	16	0	4	10	0
Lemon pepper fish	1 pkg	310	4.5	Na	1	5	14	0	2	50	0
Oven roasted beef	1 pkg	280	7	Na	2.5	5	7	0	2	10	0
Sesame chicken	1 pkg	330	8	Na	2	5	16	0	6	25	0
Sweet & sour chicken	1 pkg	430	9	Na	1	5	29	0	4	50	0
Traditional turkey breast	1 pkg	300	4	Na	1	6	20	0	4	10	0
Healthy Choice-Simple Selections											
Beef teriyaki	1 pkg	310	7	Na	2.5	5	17	0	2	4	0
Cheesy rice & chicken	1 pkg	220	6	Na	2.5	5	2	0	10	15	0
Chicken breast & vegetables	1 pkg	270	7	Na	2	56	4	0	4	10	0
Chicken fettuccini alfredo	1 pkg	210	5	Na	2	5	3	0	10	6	0
Chicken piccata	1 pkg	270	6	Na	2.5	2	5	0	2	10	0
Grilled chicken & mashed potatoes	1 pkg	160	3.5	Na	1.5	3	3	0	4	2	0
Lasagna bake	1 pkg	240	4.5	Na	1.5	5	10	0	10	6	0
Macaroni & cheese	1 pkg	210	5	Na	2	4	4	0	15	8	0
Oriental style chicken	1 pkg	230	4	Na	1	4	5	0	2	6	0
Sirloin beef tips & mushroom sauce	1 pkg	270	6	Na	2	4	2	0	2	ō	ō
Spaghetti w/meat sauce	1 pkg	220	3.5	Na	ĩ	5	7	0	6	8	ō
Lean Cuisine-Café Classics	. 10				-	-	-	-	-	-	-
	1 aka	210	5	1.5	2.5	2	6	0	6	0	0
Reet Portobello	I DEG										
Beef Portobello Chicken w/almonds	1 pkg 1 pkg	260	4.5	2	0.5	3	12	0	4	8	0
Chicken w/almonds		260 Calories	4.5 Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	0 Beta- carotene (mcg)	4 Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
ood Chicken carbonara	Portion Size	260 Calories	4.5 Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
chicken w/almonds  Chicken carbonara Fiesta grilled chicken	Portion Size	260 Calories 270 250	4.5  Total Fat (g)  6 7	Good Fats (g) 2 2	Bad Fats (g) 2 3	Fiber (g) 2 3	Sugars (mg) 5	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
chicken w/almonds  cod  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken	Portion Size  1 pkg 1 pkg 1 pkg 1 pkg	260 Calories 270 250 300	4.5 Total Fat (g) 6 7 3	Good Fats (g) 2 2	Bad Fats (g) 2 3 0.5	Fiber (g) 2 3	Sugars (mg) 5 8 21	Beta- carotene (mcg) 0 0	Calcium (%DV) 10 15 2	Vit. C (%DV) 10 40 30	B vit. (0,+,++ 0 0
Chicken w/almonds  ood  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken	Portion Size	260 Calories 270 250	4.5  Total Fat (g)  6 7	Good Fats (g) 2 2	Bad Fats (g) 2 3	Fiber (g) 2 3	Sugars (mg) 5	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics	Portion Size  1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 Calories 270 250 300 220	4.5  Total Fat (g)  6 7 3 9	2 Good Fats (g) 2 2 1 2.5	Bad Fats (g) 2 3 0.5 3	Fiber (g)  2  3 1 2	Sugars (mg) 5 8 21 5	Beta- carotene (mcg) 0 0 0	Calcium (%DV) 10 15 2 15	Vit. C (%DV) 10 40 30 40	B vit. (0,+,++ 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken	Portion Size  1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 Calories 270 250 300 220 240	4.5  Total Fat (g)  6  7  3  9	2 Good Fats (g) 2 2 1 2.5	Bad Fats (g) 2 3 0.5 3	Fiber (g)  2 3 1 2	Sugars (mg) 5 8 21 5	Beta- carotene (mcg)  0  0  0  0	Calcium (%DV) 10 15 2 15	Vit. C (%DV) 10 40 30 40	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish	Portion Size  1 pkg	270 250 300 220 240 230	4.5 Total Fat (g) 6 7 3 9 4.5 6	Good Fats (g) 2 2 1 2.5	Bad Fats (g) 2 3 0.5 3	Fiber (g)  2 3 1 2 3 2	Sugars (mg)  5 8 21 5 6	Beta- carotene (mcg)  0  0  0  0  0  0	Calcium (%DV) 10 15 2 15 4 20	Vit. C (%DV) 10 40 30 40 6 30	B vit. (0,+,++ 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast	Portion Size  1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 Calories 270 250 300 220 240	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 6	Good Fats (g) 2 2 1 2.5 1 1.5 2.5	Bad Fats (g) 2 3 0.5 3	Fiber (g)  2 3 1 2 3 2 3 3 2 3	Sugars (mg)  5 8 21 5 6 4	Beta- carotene (mcg)  0  0  0  0	Calcium (%DV) 10 15 2 15 4 20 6	Vit. C (%DV) 10 40 30 40	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 7	Good Fats (g)  2 2 1 2.5 1 1.5 2.5 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5	Fiber (g)  2 3 1 2 3 2 3 3 3	Sugars (mg)  5 8 21 5 6 4 8	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  10 15 2 15 4 20 6 10	Vit. C (₩DV) 10 40 30 40 6 30 2 20	B vit. (0,+,++ 0 0 0 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 6	Good Fats (g) 2 2 1 2.5 1 1.5 2.5	Bad Fats (g) 2 3 0.5 3	Fiber (g)  2 3 1 2 3 2 3 3 5	Sugars (mg)  5 8 21 5 6 4	Beta- carotene (mcg)  0  0  0  0  0  0  0  0	Calcium (%DV) 10 15 2 15 4 20 6	Vit. C (₩DV) 10 40 30 40 6 30 2	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 7 9 5	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1	Fiber (g)  2 3 1 2 3 2 3 3 5 3	Sugars (mg)  5 8 21 5 6 4 8 8 4	Beta- carotene (mcg) 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10	B vit. (0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 7 9	Good Fats (g)  2 2 1 2.5 1 1.5 2.5 2 2.5	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5	Fiber (g)  2 3 1 2 3 2 3 3 5	Sugars (mg)  5 8 21 5 6 4 8 8	Beta- carotene (mcg) 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6	Vit. C (%DV)  10 40 30 40 6 30 2 20 6	B vit. (0,+,++ 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 7 9 5	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1	Fiber (g)  2 3 1 2 3 2 3 3 5 3	Sugars (mg)  5 8 21 5 6 4 8 8 4	Beta- carotene (mcg) 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 6	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10	B vit. (0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 7 9 5	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1	Fiber (g)  2 3 1 2 3 2 3 3 5 3	Sugars (mg)  5 8 21 5 6 4 8 8 4	Beta- carotene (mcg) 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 6	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10	B vit. (0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250	4.5  Total Fat (g)  6 7 3 9  4.5 6 6 7 9 5 5	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2.5 2 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1 2	Fiber (g)  2 3 1 2 3 2 3 3 5 3 3	Sugars (mg)  5 8 21 5 6 4 8 8 4 11	Beta- carotene (mcg) 0 0 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10 8	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390	4.5  Total Fat (x)  6 7 3 9  4.5 6 6 7 9 5 5	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2.5 2 2 2 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1 2	Fiber (g)  2 3 1 2 3 2 3 3 5 3 6	Sugars (mg)  5 8 21 5 6 4 8 8 4 11	Beta- carotene (mcg) 0 0 0 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10 8	B vit. (0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390	4.5  Total Fat (g)  6  7  3  9  4.5  6  6  7  9  5  8  8	2 Good Fats (g) 2 1 2.5 1 1.5 2.5 2 2.5 2 2.5 2 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1 2	Fiber (g)  2 3 1 2 3 2 3 5 3 6 7	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11	Beta- carotene (mcg) 0 0 0 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10 8	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs Orange peel chicken	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390	4.5  Total Fat (g)  6  7  3  9  4.5  6  6  7  9  5  8  8	2 Good Fats (g) 2 1 2.5 1 1.5 2.5 2 2.5 2 2.5 2 2.5 2	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1 2	Fiber (g)  2 3 1 2 3 2 3 5 3 6 7	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11	Beta- carotene (mcg) 0 0 0 0 0 0 0 0 0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15	Vit. C (%DV)  10 40 30 40 6 30 2 20 6 10 8	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roaste pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs Orange peel chicken Lean Cuisine—One Dish Favorites	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390 390	4.5  Total Fat (g)  6  7  3  9  4.5  6  7  9  5  8  8	2 Good Fats (g) 2 2 1 2.5 1.5 2.5 2 2 2 2 2 2 3 3.5	Bad Fats (g) 2 3 0.5 3 1 2 1.5 2.5 3.5 1 2	Fiber (g)  2 3 1 2 3 2 3 5 3 6 7 3	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11 15	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15 8	Vit. c (%DV) 10 40 30 40 6 30 2 20 6 10 8	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs Orange peel chicken Lean Cuisine—One Dish Favorites Cheese ravioli	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390 390 390	4.5  Total Fat (g)  6  7  3  9  4.5  6  6  7  9  5  8  8  9  6	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2 2 2 2 3 3.5	Bad Fats (g)  2 3 0.5 3  1 2 1.5 2.5 3.5 1 2 3.5 2.5 1.5 3.5 1.5	Fiber (g)  2 3 1 2 3 2 3 5 3 5 3 3 6 7 3	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11 15	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15 8	Vit. c (%DV)  10 40 30 40 6 30 2 20 6 10 8 0 10 25	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs Orange peel chicken Lean Cuisine—One Dish Favorites Cheese ravioli Chicken chow mein w/rice	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390 390 250 190	4.5  Total Fat  (g)  6  7  3  9  4.5  6  6  7  9  5  8  8  9  6  2.5	2 Good Fats (g) 2 2 1 2.5 1 1.5 2.5 2 2 2.5 2 2 3 3.5	Bad Fats (g)  2 3 0.5 3  1 2 1.5 2.5 3.5 1 2 3.5 2.5 1.5 0.5	Fiber (g)  2 3 1 2 3 2 3 5 3 5 3 6 7 3 3 2	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11 15 10 4	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15 8	Vit. c (%DV) 10 40 30 40 6 30 2 20 6 10 8 0 10 25	B vit. (0,+,++
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs Orange peel chicken Lean Cuisine—One Dish Favorites Cheese ravioli Chicken chow mein w/rice Chicken enchilada suiza	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390 390 250 190 270	4.5  Total Fat  (g)  6  7  3  9  4.5  6  6  7  9  5  8  8  9  6  2.5  4.5	2 Good Fats (g) 2 1 2.5 1 1.5 2.5 2 2.5 2 2 2 3 3.5	Bad Fats (g)  2 3 0.5 3  1 2 1.5 2.5 3.5 1 2 3.5 2.5 1.5 3.5 2 3.5 2 3.5 2 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5	Fiber (g)  2 3 1 2 3 2 3 5 3 6 7 3 3 2 3 2 3	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11 15 10 4 6.5	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15 8 15 4 16	Vit. c (%DV) 10 40 30 40 6 30 2 20 6 10 8 0 10 25	B vit. (0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Chicken w/almonds  Chicken carbonara Fiesta grilled chicken Sweet & sour chicken Three cheese chicken Lean Cuisine—Comfort Classics Baked chicken Baked lemon pepper fish Beef pot roast Beef peppercorn Honey roasted pork Roast turkey & vegetables Southern beef tips Lean Cuisine—Dinnertime Selects Chicken Florentine Jumbo rigatoni w/meatballs Orange peel chicken Lean Cuisine—One Dish Favorites Cheese ravioli Chicken chow mein w/rice Chicken enchilada suiza Four cheese cannelloni	Portion Size  1 pkg	260  Calories  270 250 300 220  240 230 190 220 230 150 250 390 390 390 250 190 270 240	4.5  Total Fat  (g)  6  7  3  9  4.5  6  6  7  9  5  8  8  9  6  2.5  4.5  7	2 Good Fats (g) 2 1 2.5 1 1.5 2.5 2 2.5 2 2 2 3 3.5	Bad Fats (g)  2 3 0.5 3  1 2 1.5 2.5 3.5 1 2 3.5 2.5 1.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2	Fiber (g)  2 3 1 2 3 2 3 5 3 5 3 6 7 3 3 2 3 3 3	Sugars (mg)  5 8 21 5 6 4 8 8 4 11 13 11 15 10 4 6.5	Beta- carotene (mcg)  0  0  0  0  0  0  0  0  0  0  0  0  0	Calcium (%DV)  10 15 2 15 4 20 6 10 6 4 35 15 8 15 4 16 25	Vit. c (%DV)  10 40 30 40 6 30 2 20 6 10 8 0 10 25	B vit. (0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Lean Cuisine-Skillets											
Asian style chicken & vegetables	1 pkg	160	2.5	0.5	0.5	2	5	0	2	4	0
Chicken alfredo	1 pkg	190	4.5	1	2	3	5	0	10	30	0
Chicken teriyaki	1 pkg	230	2	0.5	1	4	11	0	4	15	0
Three cheese chicken	1 pkg	200	5	1	2	3	5	0	15	20	0
Lean Cuisine—Spa Cuisine											
Chicken Mediterranean	1 pkg	220	4	1.5	0.5	3	6	0	10	4	0
Chicken in peanut sauce	1 pkg	280	8	3	1.5	3	6	0	10	8	0
Oven roasted beef burgundy	1 pkg	300	7	2	3	3	5	0	10	10	0
Pork w/cherry sauce	1 pkg	260	4	1.5	1.5	4	13	0	4	0	0
Rosemary chicken	1 pkg	220	4	1	2	3	1	0	6	10	0
Salmon w/basil	1 pkg	230	6	2	2	5	3	0	15	4	0
Stouffers-Entrees & Grilled Entrees											
Creamed chipped beef	1 pkg	138	7	2	4.5	0.5	4	0	10	0	+
Stuffed peppers w/beef	1 pkg	161	5.5	2	2.5	2.5	6	0	4	0	+
Weight Watchers-Smart Ones											
Angel hair marinara	1 pkg	230	1.5	Na	0.5	2	8	Na	2	6	Na
Broccoli & cheddar roasted potatoes	1 pkg	220	6	Na	3	5	3	Na	15	80	Na
Chicken carbonara	1 pkg	250	4.5	Na	1.5	2	<1	Na	10	2	Na
Chicken fettuccini	1 pkg	340	8	Na	4	4	2	Na	20	0	Na
Chicken Mirabella	1 pkg	180	2	Na	0.5	3	4	Na	6	15	Na
Chicken parmesan	1 pkg	290	5	Na	1.5	4	5	Na	20	10	Na
Creamy rigatoni w/broccoli & chicken	1 pkg	290	8	Na	3	2	4	Na	20	10	Na
Dragon shrimp Io mein	1 pkg	240	4	Na	1	3	5	Na	4	6	Na
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Fajita chicken supreme	Size 1 pkg	260	(g) 7	Fats (g) Na	Fats (g) 3	(g) 4	(mg)	carotene (mcg) Na	(% <b>DV</b> )	(%DV)	(0,+,++) Na
Fajita chicken supreme Honey Dijon chicken	Size 1 pkg 1 pkg	260 220	(g) 7 3.5	Fats (g) Na Na	3 0.5	(g) 4 2	(mg) 3 8	Na Na Na	(% <b>DV</b> ) 10 4	(% <b>DV</b> ) 25 8	(0,+,++) Na Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine	1 pkg 1 pkg 1 pkg 1 pkg	260 220 290	7 3.5 9	Na Na Na Na	3 0.5 5	4 2 4	(mg) 3 8 10	Na Na Na Na	10 4 30	(%DV)	Na Na Na Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy	1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 220 290 260	7 3.5 9 8	Fats (g) Na Na Na Na	3 0.5 5 2.5	(g) 4 2 4 5	(mg) 3 8 10 1	Na Na Na Na Na Na	10 4 30 10	(% <b>DV</b> ) 25 8 4 0	Na Na Na Na Na Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo	1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 220 290	7 3.5 9	Na Na Na Na	3 0.5 5 2.5 2.5	4 2 4	(mg) 3 8 10	Na Na Na Na	10 4 30 10 15	(% <b>DV</b> ) 25 8 4	Na Na Na Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy	1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 220 290 260 280	7 3.5 9 8 6	Na Na Na Na Na Na Na	3 0.5 5 2.5 2.5 1.5	(g) 4 2 4 5 3	(mg) 3 8 10 1 5	Na Na Na Na Na Na O	10 4 30 10	25 8 4 0 20	Na Na Na Na Na Na O
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine	Size  1 pkg	260 220 290 260 280 250	7 3.5 9 8 6 4.5	Na Na Na Na Na Na Na Na	3 0.5 5 2.5 2.5	(g) 4 2 4 5 3	3 8 10 1 5 4	Na Na Na Na Na O Na	10 4 30 10 15 2	25 8 4 0 20 30	(0,+,++)  Na  Na  Na  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy	1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 220 290 260 280 250 250	(g) 7 3.5 9 8 6 4.5 5	Na Na Na Na Na Na Na Na Na	3 0.5 5 2.5 2.5 1.5 2	(g) 4 2 4 5 3 4	(mg) 3 8 10 1 5 4 12	Na Na Na Na Na Na O Na	10 4 30 10 15 2 15	25 8 4 0 20 30 15	Na Na Na Na Na Na O Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine	1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 220 290 260 280 250 250 210	(g) 7 3.5 9 8 6 4.5 5	Na Na Na Na Na Na Na Na Na Na	Fats (g) 3 0.5 5 2.5 2.5 1.5 2 3	4 2 4 5 3 4 2	(mg) 3 8 10 1 5 4 12 1	Na Na Na Na Na Na O Na Na Na	10 4 30 10 15 2 15 2	25 8 4 0 20 30 15 8	(0.+,++)  Na Na Na Na Na O Na Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak	1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg 1 pkg	260 220 290 260 280 250 250 210 260	(g) 7 3.5 9 8 6 4.5 5 9	Na Na Na Na Na Na Na Na Na Na Na	Fats (g) 3 0.5 5 2.5 2.5 1.5 2 3 3	4 2 4 5 3 3 4 2 3	(mg) 3 8 10 1 5 4 12 1 2	Na Na Na Na Na Na O Na Na Na Na	10 4 30 10 15 2 15 2 10	25 8 4 0 20 30 15 8 4	(0,+,++)  Na  Na  Na  Na  O  Na  Na  O  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310	(g) 7 3.5 9 8 6 4.5 5 9 7	Na Na Na Na Na Na Na Na Na Na Na Na	3 0.5 5 2.5 2.5 1.5 2 3 3	(g) 4 2 4 5 3 3 4 2 3 4	(mg) 3 8 10 1 5 4 12 1 2 6	Na Na Na Na Na O Na Na Na Na Na	(%DV)  10  4  30  10  15  2  15  2  10  20	25 8 4 0 20 30 15 8 4 8	(0,+,++)  Na  Na  Na  Na  O  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310 180	7 3.5 9 8 6 4.5 5 9 7 7	Na Na Na Na Na Na Na Na Na Na Na Na Na	3 0.5 5 2.5 2.5 1.5 2 3 3 0	(g) 4 2 4 5 3 3 4 2 3 4 4	(mg) 3 8 10 1 5 4 12 1 2 6 4	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8	25 8 4 0 20 30 15 8 4 8 4	(0,+,++)  Na  Na  Na  Na  O  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Raviosi Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310 180 210	7 3.5 9 8 6 4.5 5 9 7 7 1.5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 0 2	(g) 4 2 4 5 3 4 2 3 4 4 2	(mg) 3 8 10 1 5 4 12 1 2 6 4 4	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2	25 8 4 0 20 30 15 8 4 8 4	(0.+,++)  Na  Na  Na  Na  O  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310 180 210	7 3.5 9 8 6 4.5 5 9 7 7 7 1.5 7	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 0 2 2 3	(g) 4 2 4 5 3 4 2 3 4 4 2 3	(mg) 3 8 10 1 5 4 12 1 2 6 4 4 5	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4	(%DV)  25  8  4  0  20  30  15  8  4  8  4  6  6	(0.+,++)  Na  Na  Na  Na  O  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Raviol Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs	Size  1 pkg	260 220 290 260 280 250 250 210 260 310 180 210 310	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 0 2 2 3 2	4 2 4 5 3 3 4 2 3 4 4 2 3 3	(mg) 3 8 10 1 5 4 12 1 2 6 4 4 5 4	Na Na Na Na Na O Na	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15	25 8 4 0 20 30 15 8 4 8 4 6 6	(0.+,++)  Na  Na  Na  Na  O  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310 180 210 310 270 260	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 3 0 2 2 0.5	4 2 4 5 3 3 4 2 3 4 4 2 3 3 4 2 3 2 3	(mig) 3 8 10 1 5 4 12 1 2 6 4 4 5 4 9	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  4	25 8 4 0 20 30 15 8 4 8 4 6 6 0 2	(0.+,++)  Na  Na  Na  Na  O  Na  Na  Na  Na  Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles Three cheese ziti marinara	1 pkg	260 220 290 260 280 250 250 210 260 310 210 310 270 260 290	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5 4 7	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 3 0 2 2 0.5 2.5 2.5 2.5 2.5 3 3 3 3 0 0 2 2 3 3 2 0.5 2.5 0.5 2.5	4 2 4 5 3 4 2 3 4 4 2 3 4 4 2 3 4 4 2	(mig) 3 8 10 1 5 4 12 1 2 6 4 4 5 4 9 2	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  4  15	25 8 4 0 20 30 15 8 4 8 4 6 6 6 0 2	(0.+,++)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles Three cheese ziti marinara Tuna noodle gratin	1 pkg	260 220 290 260 280 250 250 210 260 310 210 310 270 260 290	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5 4 7	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 3 0 2 2 0.5 2.5 2.5 2.5 2.5 3 3 3 3 0 0 2 2 3 3 2 0.5 2.5 0.5 2.5	4 2 4 5 3 4 2 3 4 4 2 3 4 4 2 3 4 4 2	(mig) 3 8 10 1 5 4 12 1 2 6 4 4 5 4 9 2	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  4  15	25 8 4 0 20 30 15 8 4 8 4 6 6 6 0 2	(0.+,++)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles Three cheese ziti marinara Tuna noodle gratin FROZEN SANDWICHES/POCKETS	1 pkg	260 220 290 260 280 250 250 210 260 310 210 310 270 260 290	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5 4 7	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 3 0 2 2 0.5 2.5 2.5 2.5 2.5 3 3 3 3 0 0 2 2 3 3 2 0.5 2.5 0.5 2.5	4 2 4 5 3 4 2 3 4 4 2 3 4 4 2 3 4 4 2	(mig) 3 8 10 1 5 4 12 1 2 6 4 4 5 4 9 2	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  4  15	25 8 4 0 20 30 15 8 4 8 4 6 6 6 0 2	(0.+,++)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles Three cheese ziti marinara Tuna noodle gratin FROZEN SANDWICHES/POCKETS Amy's Kitchen Broccoli & cheese in a pocket sandwich Cheese pizza in a pocket sandwich	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310 210 310 270 260 290 250	(g) 7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5 4 7 4.5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 3 0 2 2 0.5 2.5 1.5 1.5 2 1.5 1.5 2 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	4 2 4 5 3 3 4 2 3 4 4 2 3 3 2 4 4 2 4 2 4 2 4 4 2 4 4 4 4	(mig) 3 8 10 1 5 4 12 6 4 4 5 4 9 2 5	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  15  15	25 8 4 0 20 30 15 8 4 8 4 6 6 6 0 2	(0.+,++)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles Three cheese ziti marinara Tuna noodle gratin FROZEN SANDWICHES/POCKETS Amy's Kitchen Broccoli & cheese in a pocket sandwich Cheese pizza in a pocket sandwich Roasted vegetable in a pocket sandwich	1 pkg 1 pkg	260 220 290 260 280 250 250 210 260 310 210 310 270 260 290 250	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5 4 7 4.5	Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 0 2 2 0.5 2.5 1.5 4	4 2 4 5 3 3 4 2 3 4 4 2 3 3 2 4 2 3 3 2 4 2 3 3 2 4 3 3 2 4 3 3 3 3	(mig) 3 8 10 1 5 4 12 1 2 6 4 4 5 4 9 2 5	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  15  15  2  10  20  20  8  2  4  15  15  20  20  8  20  4  15  15  15	25 8 4 0 20 30 15 8 4 8 4 6 6 6 0 2 2	(0.+.+) Na
Fajita chicken supreme Honey Dijon chicken Lasagna Florentine Meatloaf w/gravy Penne pollo Peppersteak Ravioli Florentine Roast beef w/gravy Salisbury steak Santa Fe style rice & beans Shrimp marinara Slow roasted turkey breast Southwest style adobe chicken Swedish meatballs Thai chicken & rice noodles Three cheese ziti marinara Tuna noodle gratin FROZEN SANDWICHES/POCKETS Amy's Kitchen Broccoli & cheese in a pocket sandwich Cheese pizza in a pocket sandwich	1 pkg	260 220 290 260 280 250 250 210 260 310 210 310 270 260 290 250	7 3.5 9 8 6 4.5 5 9 7 7 1.5 7 10 5 4 4.5	Na N	3 0.5 5 2.5 2.5 1.5 2 3 3 0 2 2 0.5 2.5 1.5 4 3.5	4 2 4 5 3 3 4 2 3 4 4 2 3 3 2 4 2 3 4 2 4 2 3 4 4 2 3 4 4 4 2 3 3 4 4 4 2 4 4 4 2 4 4 4 2 4 4 4 4	(mig) 3 8 10 1 5 4 12 1 2 6 4 5 4 5 4 9 2 5	Na N	(%DV)  10  4  30  10  15  2  15  2  10  20  8  2  4  15  15  15  2  20  20  20  20	25 8 4 0 20 30 15 8 4 8 4 6 6 6 0 2 2 0	(0.+.+) Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Tofu scramble in a pocket sandwich	1	180	6	Na	0	<1	2	Na	0	20	0
Vegetable pie in a pocket sandwich	1	300	9	Na	1.5	3	5	Na	2	8	0
Croissant Pockets											
Ham & cheese	1	340	16	Na	8	2	14	Na	20	0	Na
Pepperoni pizza	1	390	20	Na	10	3	8	Na	20	0	+
Philly cheese steak	1	340	19	Na	8	3	6	Na	25	2	Na
Hot Pockets											
3 cheese & chicken quesadilla	1 pc	320	13	Na	6	3	7	Na	20	0	+
4 meat & 4 cheese	1 pc	300	19	Na	9	9	8	Na	20	0	+
Beef taco	1 pc	320	13	Na	6	3	5	Na	20	0	+
Chicken fajita	1 pc	290	11	Na	4	3	9	Na	15	0	+
Ham & cheese	1 pc	310	13	Na	5	3	7	Na	15	0	+
Meatballs & mozzarella	1 pc	330	14	Na	5	3	11	Na	20	0	+
Pepperoni pizza	1 pc	360	17	Na	6	3	12	Na	20	0	+
Supreme pizza	1 pc	350	15	Na	6	3	12	Na	20	0	+
Lean Pockets											
Cheeseburger	1 pc	280	7	Na	4	3	9	Na	25	0	Na
Chicken parmesan	1 pc	280	7	Na	3	3	5	Na	15	0	+
Philly steak & cheese	1 pc	280	7	Na	3.5	3	6	Na	20	0	+
Sausage, egg & cheese	1 pc	140	4.5	Na	1.5	2	4	Na	8	0	+
FRUIT SNACKS											
Betty Crocker Fruit by the Foot, all flavors	1 roll	80	1	0	0	0	10	0	0	25	0
Betty Crocker Fruit Roll Ups, all flavors	1 roll	50	1	0	0	0	7	0	0	25	0
Betty Crocker Fruit Flavored Shapes	1 pouch	80	0	0	0	0	14	0	0	100	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
GARLIC, raw	3 cloves	13	0	0	0	0	0	0	1	4	0
CARLIC, Idiv							v				
CELATIN	5 00105	15	-								·
GELATIN				0			0	0			
Jell-O, all flavors, regular	1/2 <b>c</b>	80	0	0	0	0	0	0	0	0	0
Jell-O, all flavors, regular Jell-O all flavors, sugar free	½ <b>c</b> ½ <b>c</b>	80 10	0	0	0	0	0	0	0	0	0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular	½ c ½ c ½ c	80 10 70	0 0 0	0	0 0 0	0	0	0	0 0 0	0 0	0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free	½ c ½ c ½ c ½ c	80 10 70 5	0 0 0	0 0 0	0 0 0	0	0 0	0 0	0 0 0	0 0 0	0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green	½ c ½ c ½ c	80 10 70	0 0 0	0	0 0 0	0	0	0	0 0 0	0 0	0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK	½ c ½ c ½ c ½ c ⅓ c	80 10 70 5 110	0 0 0 0	0 0 0	0 0 0 0	0 0 0	0 0 0 25	0 0 0 62	0 0 0 0	0 0 0 0 28	0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide	½ c ½ c ½ c ½ c 1 c	80 10 70 5 110	0 0 0 0 0	0 0 0 0	0 0 0 0 0	0 0 0 1	0 0 0 25 23	0 0 0 62	0 0 0 0 1	0 0 0 0 28	0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice	1/2 C 1/2 C 1/2 C 1/2 C 1 C 8 OZ 8 OZ	80 10 70 5 110	0 0 0 0 0	0 0 0 0	0 0 0 0 0	0 0 0 1	0 0 0 25 23 37	0 0 0 62 0 12*	0 0 0 0 1	0 0 0 0 28	0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice	% c % c % c % c % c 1 c 1 c 8 oz 8 oz 8 oz	80 10 70 5 110 100 150	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0	0 0 0 1 0 0 0 0	0 0 0 25 23 37 37	0 0 0 62 0 12* Na	0 0 0 0 1	0 0 0 0 28	0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape	% c % c % c % c % c % c % c % c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz	80 10 70 5 110 100 150 150	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0	0 0 0 1	0 0 0 25 23 37 37 37	0 0 0 62 0 12* Na Na	0 0 0 0 1	0 0 0 0 28 0 0 4 8	0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened	% c % c % c % c % c 1 c 1 c 8 oz 8 oz 8 oz	80 10 70 5 110 100 150	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0	0 0 0 1 0 0 0 0	0 0 0 25 23 37 37	0 0 0 62 0 12* Na	0 0 0 0 1	0 0 0 0 28	0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT	% c % c % c % c % c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	80 10 70 5 110 100 150 150 160 60	0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 1	0 0 0 25 23 37 37 39 16	0 0 0 62 0 12* Na Na 0	0 0 0 0 1	0 0 0 0 28 0 0 4 8 10	0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice	1/2 c 1/2 c 1/2 c 1/2 c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	80 10 70 5 110 100 150 150 160 60	0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0	0 0 0 1 0 0 0 0	0 0 0 25 23 37 37 39 16	0 0 0 62 0 12* Na Na 0	0 0 0 0 1	0 0 0 0 28 0 0 4 8 10	0 0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, sugar free Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections w/juice	1/2 c 1/2 c 1/2 c 1/2 c 1/2 c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	80 10 70 5 110 100 150 150 160 60	0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 1 0 0 0 0 0	0 0 0 25 23 37 37 39 16	0 0 0 62 0 12* Na Na 0	0 0 0 0 1 0 0 2 2 2 0	0 0 0 28 0 0 4 8 10	0 0 0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, sugar free Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections, red	1/2 c 1/2 c 1/2 c 1/2 c 1/2 c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 1 c 1 c	80 10 70 5 110 100 150 150 160 60	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 1 0 0 0 0 0	0 0 0 25 23 37 37 39 16	0 0 0 62 0 12* Na Na 0	0 0 0 0 1 0 0 2 2 2 0	0 0 0 28 0 4 8 10 119 127 100	0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections, red Del Monte, sun fresh red	1/2 C 1/2 C 1/2 C 1/2 C 1 C 8 OZ 8 OZ 8 OZ 8 OZ 8 OZ 8 OZ 1 C 1 C 1/2 C 1/2 C	80 10 70 5 110 100 150 150 160 60 96 75 90 80	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0	0 0 0 25 23 37 37 39 16 16	0 0 0 62 0 12* Na Na 0 1577 32 780* 780*	0 0 0 0 1 0 0 2 2 0 0	0 0 0 0 28 0 4 4 8 10 119 127 100 100	0 0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections, red Del Monte, sun fresh red Del Monte, sun fresh white in real juice	1/2 c 1/2 c 1/2 c 1/2 c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 1 c 1 c 1/2 c	80 10 70 5 110 100 150 150 160 60 96 75 90 80 45	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0 0	0 0 0 25 23 37 37 39 16 16	0 0 0 62 0 12* Na Na 0 1577 32 780* 780*	0 0 0 0 1 0 0 2 2 0	0 0 0 0 28 0 4 8 10 119 127 100 100	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections, red Del Monte, sun fresh red	1/2 C 1/2 C 1/2 C 1/2 C 1 C 8 OZ 8 OZ 8 OZ 8 OZ 8 OZ 8 OZ 1 C 1 C 1/2 C 1/2 C	80 10 70 5 110 100 150 150 160 60 96 75 90 80	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0	0 0 0 25 23 37 37 39 16 16	0 0 0 62 0 12* Na Na 0 1577 32 780* 780*	0 0 0 0 1 0 0 2 2 0 0	0 0 0 0 28 0 4 4 8 10 119 127 100 100	0 0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections, red Del Monte, sun fresh red Del Monte, sun fresh white in real juice	1/2 c 1/2 c 1/2 c 1/2 c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 1 c 1 c 1/2 c	80 10 70 5 110 100 150 150 160 60 96 75 90 80 45	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0 0	0 0 0 25 23 37 37 39 16 16	0 0 0 62 0 12* Na Na 0 1577 32 780* 780*	0 0 0 0 1 0 0 2 2 0	0 0 0 0 28 0 4 8 10 119 127 100 100	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Jell-O, all flavors, regular Jell-O all flavors, sugar free Royal, all flavors, regular Royal, all flavors, sugar free GRAPES, red or green GRAPE JUICE/DRINK Capri Sun, Grape Tide Cascadian Farms, organic juice Knudsen, 100% juice Knudsen, concord grape Kool-Aid, sugar-sweetened GRAPEFRUIT Fresh, pink or red, sections w/juice Fresh, white, sections w/juice Del Monte, sugar-sweetened Del Monte, su	1/2 c 1/2 c 1/2 c 1/2 c 1 c 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 1 c 1 c 1/2 c	80 10 70 5 110 100 150 150 160 60 96 75 90 80 45	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0 0	0 0 0 25 23 37 37 39 16 16	0 0 0 62 0 12* Na Na 0 1577 32 780* 780*	0 0 0 0 1 0 0 2 2 0	0 0 0 0 28 0 4 8 10 119 127 100 100	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Tropicana, 100% juice, ruby red	8 oz	90	0	0	0	0	17	Na	2	120	0
Tropicana, sweet grapefruit	8 oz	130	0	0	0	0	27	Na	2	100	+
GRAVY											
Boston Market, pan style poultry	2 oz	40	2	Na	1	0	0	0	0	0	0
Campbell's											
Beef	V4 C	40	1	Na	0.5	0	<1	0	0	0	0
Chicken	1/4 C	40	3	Na	1	0	1	0	0	0	0
Country style cream	1/4 C	45	3	Na	1	0	1	0	0	0	0
Fat free chicken	¼ C	15	0	0	0	0	0	0	0	0	0
Franco-American, beef, slow roast	V4 €	25	1	Na	0.5	0	0	0	0	0	0
Franco-American, turkey, slow roast	√4 C	25	1	Na	0.5	0	0	0	0	0	0
Franco-American, fat-free slow roast beef	1/4 C	20	1	Na	0.5	0	0	0	0	0	0
GREEN BEANS											
Fresh, boiled, no salt	1 c	44	0	0	0	4	2	417	4	29	0
Canned											
Del Monte, cut	1/2 C	20	0	0	0	2	2	0	2	4	0
Del Monte, cut Italian	1/2 C	30	0	0	0	3	2	0	2	4	0
Del Monte, cut w/potatoes and ham style	1/2 C	30	0	0	0	<1	1	0	2	8	0
Del Monte, French style	1/2 C	20	0	0	0	2	2	175*	2	4	0
Del Monte, seasoned	1/2 C	20	0	0	0	2	2	175*	2	4	0
S&W, cut	1/2 C	20	0	0	0	2	2	175*	2	4	0
Frozen											
Cascadian Farms, cut, organic	₹4 C	30	0	0	0	2	2	400*	2	8	0
Cascadian Farms, French w/almonds	2/3 C	70	3	Na	0	4	4	400*	6	20	0
Food	<sup>2</sup> / <sub>3</sub> C Portion Size	70 Calories	3 Total Fat (g)	Na Good Fats (g)	0 Bad Fats (g)	4 Fiber (g)	4 Sugars (mg)	400* Beta- carotene (mcg)	6 Calcium (%DV)	20 Vit. C (%DV)	B vit. (0,+,++)
Food Green Giant, cut	Portion	Calories 25	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg) 225*	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Food Green Giant, cut	Portion Size	Calories 25	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg) 225*	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Food Green Giant, cut Green Giant, casserole	Portion Size V <sub>2</sub> C 2/3 C	Calories 25 110	Total Fat (g) 0 8	Good Fats (g) O Na	Bad Fats (g) 0 3.5	Fiber (g) 2	Sugars (mg) 2 2	Beta- carotene (mcg) 225* Na	Calcium (%DV) 4 2	Vit. C (%DV) 6 6	B vit. (0,+,++
Green Giant, cut Green Giant, casserole HADDOCK, baked	Portion Size 1/2 C 2/3 C 3 OZ	25 110 95	Total Fat (g) 0 8	Good Fats (g) 0 Na 0	Bad Fats (g) 0 3.5 0	Fiber (g) 2 1 0	Sugars (mg) 2 2 0	Beta- carotene (mcg) 225* Na 0	Calcium (%DV)	Vit. C (%DV) 6 6	B vit. (0,+,++ 0 0 +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked	Portion Size V <sub>2</sub> C 2/ <sub>3</sub> C 3 OZ 3 OZ	25 110 95 119	Total Fat (g) 0 8 1 2	Good Fats (g) O Na O	Bad Fats (g) 0 3.5 0	Fiber (g)  2  1  0	Sugars (mg) 2 2 0	Beta- carotene (mcg) 225* Na 0 0	Calcium (%DV) 4 2 3 5	Vit. C (%DV) 6 6 0	B vit. (0,+,++ 0 0 + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked	Portion Size V <sub>2</sub> C 2/ <sub>3</sub> C 3 OZ 3 OZ	25 110 95 119	Total Fat (g) 0 8 1 2	Good Fats (g) O Na O	Bad Fats (g) 0 3.5 0	Fiber (g)  2  1  0	Sugars (mg) 2 2 0	Beta- carotene (mcg) 225* Na 0 0	Calcium (%DV) 4 2 3 5	Vit. C (%DV) 6 6 0	B vit. (0,+,++ 0 0 + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM	Portion Size V <sub>2</sub> c 2/3 c 3 oz 3 oz 3 oz	25 110 95 119 203	Total Fat (g) 0 8 1 2	Good Fats (g) 0 Na 0 1	Bad Fats (g) 0 3.5 0 0 3	Fiber (g)  2 1 0 0	Sugars (mg) 2 2 0 0	Beta- carotene (mcg) 225* Na 0 0	Calcium (%DV) 4 2 3 5	Vit. C (%DV) 6 6 0 0	B vit. (0,+,++ 0 0 + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ	25 110 95 119 203	Total Fat (g) 0 8 1 2 15	Good Fats (g) 0 Na 0 1 9	Bad Fats (g) 0 3.5 0 0 3	Fiber (g)  2 1 0 0 0	Sugars (mg)  2 2 0 0 0	Beta- carotene (mcg) 225* Na 0 0 0	Calcium (%DV) 4 2 3 5 0	Vit. C (%DV) 6 6 6 0 0	B vit. (0,+,++ 0 0 + + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted	Portion Size  1/2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ	25 110 95 119 203 151 246	Total Fat (g) 0 8 1 2 15	Good Fats (g) 0 Na 0 1 9	Bad Fats (g) 0 3.5 0 0 3 3 3 6	Fiber (g)  2 1 0 0 0 0	Sugars (mg)  2  2  0  0  0  0	Beta- carotene (mcg) 225* Na 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1	Vit. C (%DV) 6 6 0 0	B vit. (0,+,++ 0 0 + + + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted	Portion Size  1/2 C 2/3 C 3 OZ	25 110 95 119 203 151 246 214	Total Fat (g) 0 8 1 2 15 8 17 12	Good Fats (g) 0 Na 0 1 9	Bad Fats (g) 0 3.5 0 0 3.6 4	Fiber (g)  2 1 0 0 0 0 0	Sugars (mg)  2  2  0  0  0  0  0	Beta- carotene (mcg) 225* Na 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1	Vit. C (%DV)  6  6  0  0  0  0	B vit. (0,+,++ 0 0 + + + + + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved	Portion Size  1/2 C 2/3 C 3 OZ	25 110 95 119 203 151 246 214 50	Total Fat (g)  0 8 1 2 15 8 17 12 1	Good Fats (g) O Na O 1 9 4 Na Na Na O	Bad Fats (g) 0 3.5 0 0 3 3 6 4 0.5	Fiber (g)  2 1 0 0 0 0 0 0 0	Sugars (mg)  2 2 0 0 0 0 0 0	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0	Vit. C (%DV) 6 6 0 0 0 0 0 0	B vit. (0,+,++ 0 0 + + + + + + + 0
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved	Portion Size  1/2 C 2/3 C 3 OZ	25 110 95 119 203 151 246 214 50	Total Fat (g)  0 8 1 2 15 8 17 12 1	Good Fats (g) O Na O 1 9 4 Na Na Na O	Bad Fats (g) 0 3.5 0 0 3 3 6 4 0.5	Fiber (g)  2 1 0 0 0 0 0 0 0	Sugars (mg)  2 2 0 0 0 0 0 0	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0	Vit. C (%DV) 6 6 6 0 0 0	B vit. (0,+,++ 0 0 + + + + + + + 0
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.)	Portion Size  1/2 C 2/3 C 3 OZ	25 110 95 119 203 151 246 214 50	Total Fat (g)  0 8 1 2 15 8 17 12 1	Good Fats (g) O Na O 1 9 4 Na Na Na O	Bad Fats (g) 0 3.5 0 0 3 3 6 4 0.5	Fiber (g)  2 1 0 0 0 0 0 0 0	Sugars (mg)  2 2 0 0 0 0 0 0	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0	Vit. C (%DV) 6 6 6 0 0 0	B vit. (0,+,++ 0 0 + + + + + 0 0
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 Pkg V5 pkg	25 110 95 119 203 151 246 214 50 45	Total Fat (g)  0 8 1 2 15 8 17 12 1	Good Fats (g) 0 Na 0 1 9 4 Na Na 0 0	Bad Fats (g)  0 3.5 0 0 3 3 4 0.5 0	Fiber (g)  2 1 0 0 0 0 0 0 0	Sugars (mg)  2 2 0 0 0 0 0 0 0 0	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0	Vit. c (%DV) 6 6 6 0 0 0 0	B vit. (0,+,++ 0 0 + + + + + + 0
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.) Beef pasta	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 Pkg V5 pkg V5 pkg	25 110 95 119 203 151 246 214 50 45	Total Fat (g)  0 8 1 2 15 8 17 12 1	Good Fats (g) O Na O 1 9 4 Na Na O O	Bad Fats (g)  0 3.5 0 0 3 3 6 4 0.5 0	Fiber (g)  2 1 0 0 0 0 0 0 1	Sugars (mg)  2 2 0 0 0 0 0 0 1	Beta- carotene (mcg)  225* Na 0 0 0 0 0 Na	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0	Vit. c (%DV) 6 6 6 0 0 0 0 0	B vit. (0,+,++ 0 0 + + + + + + 0 0 0 + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.) Beef pasta Beef taco	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 OZ 5 OZ 5 OZ 5 OZ 5 OZ 5 OZ 6 OZ 7	25 110 95 119 203 151 246 214 50 45	Total Fat (g)  0 8 1 2 15 8 17 12 1 1 1	Good Fats (g) O Na O 1 9 4 Na Na O O O Na O O O O O O O O O O O O	Bad Fats (g)  0 3.5 0 0 3 3 6 4 0.5 0	Fiber (g)  2 1 0 0 0 0 0 1 1	Sugars (mg)  2 2 0 0 0 0 0 1 3	Beta- carotene (mcg)  225* Na 0 0 0 0 0 Na 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0 2	Vit. c (%DV) 6 6 6 0 0 0 0 0	B vit. (0,+,++ 0 0 + + + + + + 0 0 0 + + + + + + + +
Green Giant, cut Green Giant, casserole  HADDOCK, baked  HALIBUT, Atlantic & Pacific, baked  Greenland, baked  HAM  Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved  HAMBURGER MIX  (mix only—unprep.) Beef pasta Beef taco Cheeseburger macaroni	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 OZ 5 OZ 5 OZ 5 OZ 5 OZ 5 OZ 5 OZ 6 OZ 6 OZ 7	25 110 95 119 203 151 246 214 50 45	Total Fat (g)  0 8 1 2 15 8 17 12 1 1 1 5 2.5	Good Fats (g) O Na O 1 9 4 Na Na O O O Na O O Na O O O O O O O O O	Bad Fats (g)  0 3.5 0 0 3 3 6 4 0.5 0 0 1	Fiber (g)  2 1 0 0 0 0 0 1 1 0	Sugars (mg)  2 2 0 0 0 0 0 1 3 0	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0 Na 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0 2 0	Vit. c (%DV) 6 6 6 0 0 0 0 0	B vit. (0,+,++ 0 0 + + + + + 0 0 0 + + + 0 0
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.) Beef pasta Beef taco Cheeseburger macaroni Cheesy enchilada	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4/3 C 5/4 C 5/4 C 5/5 C 5/5 C 5/5 C	25 110 95 119 203 151 246 214 50 45	Total Fat (g)  0  8  1  2  15  8  17  12  1  1  1.5  2.5  1.5	Good Fats (g) 0 Na 0 1 9 4 Na Na 0 0	Bad Fats (g)  0 3.5 0 0 3.5 0 0 3 6 4 0.5 0 0 1 0.5	Fiber (g)  2 1 0 0 0 0 0 1 1 0 <1	Sugars (mg)  2  2  0  0  0  0  1  3  0  3	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0 2 0 6	Vit. C (%DV)  6  6  0  0  0  0  0  0  0  0  0  0  0	B vit. (0,+,++ 0 0 + + + + + + + 0 0 + + + + 0 + + + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.) Beef pasta Beef taco Cheeseburger macaroni Cheesy enchilada Cheesy Italian shells	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 OZ 5 OZ 5 OZ 5 OZ 5 OZ 6 OZ 6 OZ 6 OZ 7	25 110 95 119 203 151 246 214 50 45 110 140 160 170 160	Total Fat (g)  0 8 1 2 15 8 17 12 1 1 1 1.5 2.5 1.5 1	Good Fats (g) O Na O 1 9 4 Na Na O O O	Bad Fats (g) 0 3.5 0 0 3 3 6 4 0.5 0 0 1 0.5 0.5	Fiber (g)  2 1 0 0 0 0 0 0 1 1 0 <1 1 1 0 <1 1	Sugars (mg)  2  2  0  0  0  0  1  3  0  3  6	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0 2 0 6 2	Vit. C (%DV)  6 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0,+,++ 0 0 0 + + + + + 0 0 0 + + + + + + + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.) Beef pasta Beef taco Cheeseburger macaroni Cheesy enchilada Cheesy Italian shells Chili macaroni Italian sausage	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 S Pkg V3 Pkg V3 C V4 C V4 C V4 C V5 C V5 C V5 C V5 C V5 C	25 110 95 119 203 151 246 214 50 45 110 140 160 170 160 140	Total Fat (g)  0  8 1 2 15 8 17 12 1 1 1 1.5 2.5 1.5 1 1	Good Fats (g) O Na O 1 9 4 Na Na O O O	Bad Fats (g) 0 3.5 0 0 3 3 6 4 0.5 0 0 1 0.5 0.5 0	Fiber (g)  2 1 0 0 0 0 0 0 1 1 0 <1 1 1 1 1	Sugars (mg)  2  2  0  0  0  0  1  3  0  3  6  3	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0 2 0 6 2 2	Vit. C (%DV)  6 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0,+,++ 0 0 0 + + + + + 0 0 0 + + + + + + + +
Green Giant, cut Green Giant, casserole HADDOCK, baked HALIBUT, Atlantic & Pacific, baked Greenland, baked HAM Cured, regular Fresh, leg, shank, lean & fat, roasted Fresh, rump, lean & fat, roasted Oscar Mayer, deli style, honey shaved Oscar Mayer, smoked shaved HAMBURGER MIX (mix only—unprep.) Beef pasta Beef taco Cheeseburger macaroni Cheesy enchilada Cheesy Italian shells Chili macaroni	Portion Size  V2 C 2/3 C 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 3 OZ 4 S pkg V3 pkg V3 pkg V4 C V4 C V5	25 110 95 119 203 151 246 214 50 45 110 140 160 170 160 140 130	Total Fat (g) 0 8 1 2 15 8 17 12 1 1 1 1.5 2.5 1.5 1 1.5 2.5 1.5	Good Fats (g) O Na O 1 9 4 Na Na O O O	Bad Fats (g)  0 3.5 0 0 3 3 6 4 0.5 0 0 1 0.5 0.5 0 0 0 0	Fiber (g)  2 1 0 0 0 0 0 0 1 1 0 <1 1 1 1 1	Sugars (mg)  2 2 0 0 0 0 0 0 1 3 0 3 6 3 5	Beta- carotene (mcg)  225* Na 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 2 3 5 0 0 1 1 0 0 2 0 6 2 2 0	Vit. C (%DV)  6 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	B vit. (0,+,++ 0 0 0 + + + + + 0 0 0 + + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Stroganoff	½ <b>c</b>	130	1	0	0	1	3	0	2	0	+
Tomato basil penne	1/3 C	140	0.5	0	0	1	6	0	0	0	+
HEALTH BARS AND SHAKES											
Atkins Advantage											
Almond brownie bar	1	220	9	Na	4	7	0	Na	25	25	+
Chocolate coconut bar	1	230	10	Na	8	10	3	Na	30	25	+
Chocolate peanut butter	1	240	11	Na	6	10	1	Na	30	25	+
Atkins Morning Start											
Apple crisp bar	1	180	9	Na	4.5	7	1	Na	40	15	+
Chocolate chip bar	1	180	7	Na	3.5	5	1	Na	20	15	+
Mixed berry bar	1	150	5	Na	1	4	1	Na	25	15	+
Oatmeal raisin bar	1	140	5	Na	2	5	3	Na	35	15	+
Strawberry crisp bar	1	160	9	Na	4.5	7	1	Na	40	15	+
Balance Bar											
Almond brownie, original	1	200	6	Na	1.5	2	18	Na	10	100	++
Chocolate, original	1	200	6	Na	3.5	<1	18	Na	10	100	++
Cookie dough, original	1	200	6	Na	3.5	<1	18	Na	10	100	++
Mocha chip, original	1	200	6	Na	3.5	<1	19	Na	10	100	++
Clif Bar			-								
Blueberry crisp	1	240	5	Na	0.5	5	21	Na	25	100	+
Carrot cake	i	240	4	Na	1.5	5	21	Na	25	100	+
Chocolate chip	i	250	5	Na	2	5	21	Na	25	100	+
Lemon poppy seed	i	240	3.5	Na	1.5	5	21	Na	25	100	+
Oatmeal raisin walnut	i	240	5	Na	1	5	20	Na	25	100	+
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Luna											
Caramel nut brownie	1	190	6	Na	3	4	11	Na	35	100	++
Chocolate peppermint stick	1	180	5	Na	2.5	3	9	Na	35	100	++
Key lime pie	1	180	4	Na	3	3	10	Na	180	35	++
Lemon zest	1	180	4	Na	3	3	10	Na	35	100	++
S'mores	1	180	5	Na	3	3	9	Na	35	100	++
Power Bar, Harvest Whole Grain											
Dipped double chocolate crisp	1	250	5	Na	2.5	5	20	Na	40	80	++
Dipped oatmeal raisin											
	1	250	5	Na	2	5	22	Na	40	80	++
	1	250 240	5 4			5	22 20	Na Na	40 40	80 80	++
Heart healthy apple cinnamon crisp				Na	2						
	i	240	4	Na Na	2 0.5	5	20	Na	40	80	++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance	i	240	4	Na Na	2 0.5	5	20 20	Na Na	40 40	80	++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon	1	240 240	4 4 2.5	Na Na Na	2 0.5 0.5	5 5 2	20	Na Na Na	40	80 80	++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana	i 1	240 240 230 230	4 4 2.5 2.5	Na Na Na Na Na	0.5 0.5 0 0	5 5 2 2	20 20 24 20	Na Na Na Na	40 40 35 35	80 80 100 100	++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter	1 1 1 1	240 240 230 230 240	4 4 2.5 2.5 3	Na Na Na Na Na Na	2 0.5 0.5 0 0 0	5 5 2 2 2	20 20 24 20 23	Na Na Na Na Na	40 40 35 35 35	80 80 100 100 100	++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin	1 1 1	240 240 230 230 240 230	4 4 2.5 2.5 3 2	Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0.5 0	5 5 2 2 2 2 2	20 20 24 20 23 25	Na Na Na Na Na Na	40 40 35 35 35 35 35	80 80 100 100 100 100	++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry	1 1 1 1 1	240 240 230 230 240	4 4 2.5 2.5 3	Na Na Na Na Na Na	2 0.5 0.5 0 0 0	5 5 2 2 2	20 20 24 20 23	Na Na Na Na Na	40 40 35 35 35	80 80 100 100 100	++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus	1 1 1 1 1 1	240 240 230 230 240 230 230 230	4 4 2.5 2.5 3 2 2	Na Na Na Na Na Na Na	0.5 0.5 0 0 0 0.5 0	5 5 2 2 2 2 2 2	20 20 24 20 23 25 24	Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35	80 80 100 100 100 100	++ ++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus Chocolate peanut crunch	1 1 1 1 1 1	240 240 230 230 240 230 230 210	4 4 2.5 2.5 3 2 2	Na Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0 0.5 0	5 5 2 2 2 2 2 2 2	20 20 24 20 23 25 24	Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35 35	80 80 100 100 100 100 100	++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus Chocolate peanut crunch Double chocolate cookie	1 1 1 1 1 1 1	240 240 230 230 240 230 230 210	2.5 2.5 3 2 2 3.5 3	Na Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0.5 0 0	5 5 2 2 2 2 2 2 2	20 20 24 20 23 25 24	Na Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35 36 30	80 80 100 100 100 100 100 60 60	++ ++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus Chocolate peanut crunch Double chocolate cookie French vanilla crisp	1 1 1 1 1 1	240 240 230 230 240 230 230 210	4 4 2.5 2.5 3 2 2	Na Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0 0.5 0	5 5 2 2 2 2 2 2 2	20 20 24 20 23 25 24	Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35 35	80 80 100 100 100 100 100	++ ++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus Chocolate peanut crunch Double chocolate cookie French vanilla crisp PowerBar Protein Plus	1 1 1 1 1 1 1	240 240 230 230 240 230 230 110 110	4 4 2.5 2.5 3 2 2 2 3.5 3 3	Na Na Na Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0.5 0 0 2 2.5 2.5	5 5 5 2 2 2 2 2 2 1 1	20 20 24 20 23 25 24 10 9	Na Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35 30 30 30	80 80 100 100 100 100 100 60 60	++ ++ ++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus Chocolate peanut crunch Double chocolate cookie French vanilla crisp PowerBar Protein Plus Chocolate crisp	1 1 1 1 1 1 1 1	240 240 230 230 240 230 230 110 110	2.5 2.5 3 2 2 3.5 3 3	Na Na Na Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0.5 0 0 2 2.5 2.5	5 5 5 2 2 2 2 2 2 2 1 1	20 20 24 20 23 25 24 10 10 9	Na Na Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35 30 30 30	80 80 100 100 100 100 100 60 60 60	++ ++ ++ ++ ++ ++ ++
Heart healthy apple cinnamon crisp Heart healthy strawberry crunch Power Bar Performance Apple cinnamon Banana Chocolate peanut butter Oatmeal raisin Wild berry Power Bar Pria 110 Plus Chocolate peanut crunch Double chocolate cookie French vanilla crisp PowerBar Protein Plus	1 1 1 1 1 1 1	240 240 230 230 240 230 230 110 110	4 4 2.5 2.5 3 2 2 2 3.5 3 3	Na Na Na Na Na Na Na Na Na Na	2 0.5 0.5 0 0 0.5 0 0 2 2.5 2.5	5 5 5 2 2 2 2 2 2 1 1	20 20 24 20 23 25 24 10 9	Na Na Na Na Na Na Na Na	40 40 35 35 35 35 35 35 30 30 30	80 80 100 100 100 100 100 60 60	++ ++ ++ ++ ++ ++ ++ ++

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Cookies & cream	1	300	6	Na	3.5	1	18	Na	40	100	++
Vanilla yogurt	1	300	6	Na	3.5	1	19	Na	45	100	++
PowerBar Triple Threat											
Caramel peanut fusion	1	230	8	Na	4.5	4	15	Na	15	100	++
Caramel peanut crisp	1	220	5	Na	2	4	14	Na	15	100	++
Chocolate caramel	1	230	8	Na	4.5	4	15	Na	15	100	++
Chocolate peanut butter crisp	1	220	5	Na	2	4	14	Na	15	100	++
Slim Fast Optima Meal Bars											
Blueberry crisp	1	180	4	Na	2.5	3	12	Na	25	35	+
Chocolate chip granola	1	220	6	Na	3.5	2	15	Na	30	35	+
Milk chocolate peanut	1	220	5	Na	3	3	14	Na	30	35	+
Rich chocolate brownie	1	220	5	Na	3.5	2	15	Na	30	35	+
Strawberry cheesecake	1	220	6	Na	4	2	13	Na	30	35	+
Trail mix chewy granola	i	210	5	Na	1	2	15	Na	30	35	+
Slim Fast Optima Shakes			-			-					
Cappuccino delight, can	1	180	6	3.5	2	5	18	Na	50	100	+
French vanilla, can	i	180	6	2.5	2.5	5	17	Na	50	100	+
Rich chocolate royale, can	i	190	6	3	2.5	5	18	Na	50	100	+
Strawberry 'n cream, can	i	180	5	2.5	2.3	5	17	Na	50	100	+
Slim Fast Optima Snack Bars		100	,	2.3	-	,	"	140	50	100	-
Apple cinnamon muffin	1	140	5	3	0.5	1	9	Na	25	0	+
Banana & nut muffin	i	150	8	4.5	0.5	i	6	Na	25	0	+
Blueberry muffin	i	140	5	3	0.5	i	9	Na	25	0	+
Chocolate mint crisp	i	120	4	Na	3	<1	7	Na Na	25	15	+
chocolate milit crisp							,	1100	20	10	-
-											
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food Crispy peanut caramel		Calories 120								Vit. C (%DV)	
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++
Crispy peanut caramel	Size 1	120	(g) 4	Fats (g) Na	Fats (g) 3	(g) 1	(mg) 8	carotene (mcg) Na	(% <b>DV</b> ) 25 25	(% <b>DV</b> )	++++
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch	Size 1 1 1	120 120	(g) 4 3.5 4	Fats (g) Na Na	Fats (g) 3 1.5	(g) 1 1	(mg) 8 8	Na Na Na Na	(%DV) 25 25 2	(% <b>DV</b> ) 15 0	+ + +
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered	1 1 1 1 1 oz	120 120 120 61	(g) 4 3.5 4 3	Fats (g) Na Na Na 1.5	3 1.5 2	(g) 1 1 <1 0	8 8 12	Na Na Na Na Na Na	(% <b>DV</b> ) 25 25 2 2	(% <b>DV</b> ) 15 0 0	+ + + + +
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled	1 1 1 1 1 oz 1 oz	120 120 120 61 74	(g) 4 3.5 4 3 5	Na Na Na Na 1.5 Na	3 1.5 2 1	(g) 1 1 <1 0 0	8 8 12 0 0	Na Na Na Na Na Na Na	(% <b>DV</b> ) 25 25 2 2 2	(% <b>DV</b> ) 15 0 0 0 0	++++++
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled	1 1 1 1 1 oz 1 oz 3 oz	120 120 120 61 74 212	(g) 4 3.5 4 3 5 15	Na Na Na Na 1.5 Na 7.5	3 1.5 2 1 1 4	(g) 1 1 <1 0 0	8 8 12 0 0	Na Na Na Na Na Na Na	25 25 2 2 2 2 9	(%DV)  15  0  0  0  0  0	+ + + + + + + + +
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY	1 1 1 1 oz 1 oz 3 oz 1 tbs	120 120 120 61 74 212 64	(g) 4 3.5 4 3 5 15 0	Na Na Na Na 1.5 Na 7.5	Fats (g) 3 1.5 2 1 1 4 0	(g) 1 1 <1 0 0 0 0 0	8 8 12 0 0 0 17	Na Na Na Na Na Na Na Na Na	25 25 2 2 2 2 9 0	(%DV)  15  0  0  0  0  0  0	+ + + + + + 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c	120 120 120 61 74 212 64 64	(g) 4 3.5 4 3 5 15 0	Na Na Na Na 1.5 Na 7.5 O	Fats (g)  3 1.5 2 1 1 4 0 0	(g) 1 1 <1 0 0 0 0	(mg)  8  8  12  0  0  17  14	Na Na Na Na Na Na Na Na O 53	25 25 2 2 2 2 9 0	(%DV)  15  0  0  0  0  0  53	+ + + + + + 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep.	1 1 1 1 oz 1 oz 3 oz 1 tbs	120 120 120 61 74 212 64	(g) 4 3.5 4 3 5 15 0	Na Na Na Na 1.5 Na 7.5	Fats (g) 3 1.5 2 1 1 4 0	(g) 1 1 <1 0 0 0 0 0	8 8 12 0 0 0 17	Na Na Na Na Na Na Na Na Na	25 25 2 2 2 2 9 0	(%DV)  15  0  0  0  0  0  0	+ + + + + + 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c	120 120 120 61 74 212 64 64	(g) 4 3.5 4 3 5 15 0	Na Na Na Na 1.5 Na 7.5 O	Fats (g)  3 1.5 2 1 1 4 0 0	(g) 1 1 <1 0 0 0 0	(mg)  8  8  12  0  0  17  14	Na Na Na Na Na Na Na Na O 53	25 25 2 2 2 2 9 0	(%DV)  15  0  0  0  0  0  53	+ + + + + + 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive;	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs	120 120 120 61 74 212 64 64 7	(g) 4 3.5 4 3 5 15 0	Na Na Na Na 1.5 Na 7.5 O O O	3 1.5 2 1 1 4 0 0	(g) 1 1 <1 0 0 0 1 1 0 0 0 0 0 0 0 1	(mg)  8  8  12  0  0  17  14  1	Na Na Na Na Na Na Na O 53	(% <b>DV</b> )  25  25  2  2  9  0  1  0	(% <b>DV</b> )  15  0  0  0  0  0  53  6	+ + + + + + 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs	120 120 120 61 74 212 64 64 7	(g) 4 3.5 4 3 5 15 0 0	Na Na Na Na 1.5 Na 7.5 O O O O O .5*	3 1.5 2 1 1 4 0 0	(g) 1 1 <1 0 0 0 0 1 0 <1 <-1 0 <-1 0 <-1	(mg)  8 8 12 0 0 17 14 1	Na Na Na Na Na Na Na O 53 O	(%DV)  25 25 2 2 2 9 0 1 0	(%DV)  15  0  0  0  0  0  53  6	+ + + + + 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs 2 tbs	120 120 120 61 74 212 64 64 7	(g) 4 3.5 4 3 5 15 0 0	Na Na Na Na 1.5 Na 7.5 0 0 0	3 1.5 2 1 1 4 0 0 0	(g) 1 1 -1 0 0 0 0 1 0 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1	(mg)  8  8  12  0  0  17  14  1	Na Na Na Na Na Na Na Na O 53 O	(%DV)  25 25 2 2 2 9 0 1 0 0 0	(%DV)  15  0  0  0  0  0  53  6	+ + + + + + 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYBEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper	1 1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs 2 tbs 2 tbs 2 tbs	120 120 120 61 74 212 64 64 7	(g) 4 3.5 4 3 5 15 0 0 0	Na Na Na 1.5 Na 7.5 O O O O .5* O .5*	3 1.5 2 1 1 4 0 0 0	(g) 1 1 <1 0 0 0 1 1 0 <1 <1 <1 <1 <1	(mg)  8  8  12  0  0  17  14  1  <1  <1  <1	Na Na Na Na Na Na O  53 O  0 0	25 25 2 2 2 2 2 9 0 1 0	(%DV)  15 0 0 0 0 0 0 53 6	+ + + + + + 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs 2 tbs	120 120 120 61 74 212 64 64 7	(g) 4 3.5 4 3 5 15 0 0	Na Na Na Na 1.5 Na 7.5 0 0 0	3 1.5 2 1 1 4 0 0 0	(g) 1 1 -1 0 0 0 0 1 0 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1	(mg)  8  8  12  0  0  17  14  1	Na Na Na Na Na Na Na Na O 53 O	(%DV)  25 25 2 2 2 9 0 1 0 0 0	(%DV)  15  0  0  0  0  0  53  6	+ + + + + + 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM	1 1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs 2 tbs 2 tbs 2 tbs	120 120 120 61 74 212 64 64 7	(g) 4 3.5 4 3 5 15 0 0 0	Na Na Na 1.5 Na 7.5 O O O O .5* O .5*	3 1.5 2 1 1 4 0 0 0	(g) 1 1 <1 0 0 0 1 1 0 <1 <1 <1 <1 <1	(mg)  8  8  12  0  0  17  14  1  <1  <1  <1	Na Na Na Na Na Na O  53 O  0 0	25 25 2 2 2 2 2 9 0 1 0	(%DV)  15 0 0 0 0 0 0 53 6	+ + + + + + 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM Ben & Jerry's	1 1 1 1 1 0z 1 oz 3 oz 1 tbs 1 c 1 tbs 2 tbs 2 tbs 2 tbs 2 tbs	120 120 120 61 74 212 64 64 7 50 45 50	(g) 4 3.5 4 3 5 15 0 0 0	Na Na Na 1.5 Na 7.5 O O O O .5* O.5* Na	3 1.5 2 1 1 4 0 0 0 0 0 0	(g) 1 1 <1 0 0 0 1 0 1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <	(mg)  8 8 12 0 0 17 14 1 <1 <1 0	Na Na Na Na Na Na O  53 O  0  0 0	(%DV)  25 25 2 2 2 9 0 1 0 0 2	(%DV) 15 0 0 0 0 0 0 53 6	+ + + + + 0 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM Ben & Jerry's Black & tan	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	120 120 120 61 74 212 64 64 7 50 45 50 60	(g) 4 3.5 4 3 5 15 0 0 0	Na Na Na 1.5 Na 7.5 O O O O O O O O O O Na	3 1.5 2 1 1 4 0 0 0 0	(g) 1 1 0 0 0 0 1 0 <1 <1 <1 2	(mg)  8 8 12 0 0 17 14 1 <1 <1 0	Na Na Na Na Na Na Na O  53 O  Na	(%DV)  25 25 2 2 2 9 0 1 0 0 2	(%DV)  15 0 0 0 0 0 0 53 6	+ + + + + 0 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM Ben & Jerry's Black & tan Butter pecan	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs	120 120 120 61 74 212 64 64 7 50 45 50 60	(g) 4 3.5 4 3 5 15 0 0 0 3 3 3 2	Na Na Na 1.5 Na 7.5 O O O O O O O O O O O O O O O O O O O	3 1.5 2 1 1 4 0 0 0 0	(g) 1 1 0 0 0 0 1 0 <1 <1 2 1 0	(mg)  8 8 12 0 0 17 14 1 <1 <1 0 21 18	Na Na Na Na Na Na Na Na O  53 O	(%DV)  25 25 2 2 2 9 0 1 0 0 2 15 15	(%DV)  15 0 0 0 0 0 0 53 6	+ + + + + 0 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM Ben & Jerry's Black & tan Butter pecan Cherry Garcia	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs	120 120 120 61 74 212 64 64 7 50 45 50 60	(g)  4 3.5 4 3 5 15 0 0 0 3 3 3 2 13 21	Na Na Na 1.5 Na 7.5 O O O O .5* O .5* Na Na Na Na Na Na Na Na Na	3 1.5 2 1 1 4 0 0 0 0 0	(g) 1 1 0 0 0 0 1 0 <1 <1 2 1 0 <1 <1 0 <1 0	(mg)  8 8 12 0 0 17 14 1 <1 <1 0 21 18 22	Na Na Na Na Na Na Na Na O  53 O	(%DV)  25 25 2 2 2 9 0 1 0 0 2 15 15 15	(%DV)  15 0 0 0 0 0 53 6  2 2 15 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM Ben & Jerry's Black & tan Butter pecan Cherry Garcia Chocolate	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs	120 120 120 61 74 212 64 64 7 50 45 50 60	(g)  4 3.5 4 3 5 15 0 0 0 3 3 3 2 11 14 16	Na Na Na 1.5 Na 7.5 O O O O .5* O .5* Na	3 1.5 2 1 4 0 0 0 0 0 0	(g) 1 1 0 0 0 0 1 0 <1 <1 2 1 0 <1 2	(mg)  8 8 12 0 0 17 14 1 <1 <1 0 21 18 22 22	Na Na Na Na Na Na Na Na O  53 O	00000000000000000000000000000000000000	(%DV)  15 0 0 0 0 0 0 53 6  2 2 15 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + 0 0 0 0 0 0
Crispy peanut caramel Oatmeal raisin cookie Peanut butter crunch HERRING, Atlantic, kippered Atlantic, pickled Pacific, broiled HONEY HONEYDEW, raw, balls HORSERADISH, prep. HUMMUS Athenos, artichoke & garlic; black olive; cucumber dill; original; roasted garlic Athenos, roasted eggplant Athenos, roasted red pepper Fantastic Foods ICE CREAM Ben & Jerry's Black & tan Butter pecan Cherry Garcia	1 1 1 1 1 0 2 1 0 2 3 0 2 1 tbs 1 c 1 tbs 2 tbs	120 120 120 61 74 212 64 64 7 50 45 50 60	(g)  4 3.5 4 3 5 15 0 0 0 3 3 3 2 13 21	Na Na Na 1.5 Na 7.5 O O O O .5* O .5* Na Na Na Na Na Na Na Na Na	3 1.5 2 1 1 4 0 0 0 0 0	(g) 1 1 0 0 0 0 1 0 <1 <1 2 1 0 <1 <1 0 <1 0	(mg)  8 8 12 0 0 17 14 1 <1 <1 0 21 18 22	Na Na Na Na Na Na Na Na O  53 O	(%DV)  25 25 2 2 2 9 0 1 0 0 2 15 15 15	(%DV)  15 0 0 0 0 0 53 6  2 2 15 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Fossil fuel	½ <b>c</b>	280	18	Na	12	1	26	Na	15	0	0
Half-baked	1/2 C	280	14	Na	9	<1	26	Na	10	0	0
Mint chocolate cookie	1/2 C	260	16	Na	9	0	21	Na	15	0	0
NY Super fudge chunk	1/2 C	310	20	Na	11	2	25	Na	15	0	0
Neopolitan dynamite	1/2 C	250	13	Na	9	1	26	Na	10	0	0
Turtle soup	1/2 C	280	15	Na	10	1	25	Na	15	0	0
Vanilla Heath bar crunch	1/2 C	290	18	Na	12	0	27	Na	15	0	0
Vermonty python	1/2 C	310	19	Na	11	1	26	Na	5	0	0
Breyers											
Butter pecan, no sugar added	1/2 C	122	7	Na	4	1	4	0	8	1	0
Cherry vanilla	1/2 C	140	6	Na	4	0	16	Na	10	0	0
Chocolate	1/2 C	140	7	Na	4.5	1	16	Na	8	0	0
Cookies & cream, natural	1/2 C	160	8	Na	5	0	16	Na	10	0	0
French vanilla	1/2 C	150	8	Na	4.5	0	15	Na	10	0	0
Mint chocolate chip, natural	1/2 <b>c</b>	160	8	Na	6	1	16	Na	10	0	0
Rocky road	1/2 C	160	9	Na	5	1	17	Na	8	0	0
Strawberry	1/2 C	120	5	Na	3.5	0	15	Na	8	10	0
Dreyer's											
Almond praline	√2 C	150	7	Na	4	0	16	Na	4	0	0
Butter pecan	⅓ c	170	10	Na	4.5	0	13	Na	6	0	0
Chocolate	1/2 C	150	8	Na	4.5	1	15	Na	6	0	0
Cookie dough	1/2 C	180	9	Na	6	0	15	Na	6	0	0
Fudge tracks	1/2 C	180	11	Na	6	0	16	Na	6	0	0
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size	Calories	(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Mocha almond fudge		180									
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Mocha almond fudge	Size 1/2 C	180	(g)	Fats (g) Na	Fats (g) 6	(g) 0	(mg) 16	carotene (mcg) Na	(%DV) 6	(% <b>DV</b> )	(0,+,++) ()
Mocha almond fudge Peanut butter cup	<b>Size</b> 1/2 C 1/2 C	180 180	(g) 11 10	Fats (g) Na Na	Fats (g) 6 4	(g) 0 0	(mg) 16 15	carotene (mcg) Na Na	(% <b>DV</b> ) 6 6	(% <b>DV</b> ) 0 0	0,+,++) 0 0
Mocha almond fudge Peanut butter cup Rocky road	5ize 1/2 C 1/2 C 1/2 C	180 180 170	(g) 11 10 10	Fats (g) Na Na Na	6 4 5	0 0 1	16 15 14	Na Na Na Na	6 6 6	(% <b>DV</b> ) 0 0 0	0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni	% C % C % C % C	180 180 170 150	(g) 11 10 10 8	Fats (g) Na Na Na Na Na	6 4 5 4.5	0 0 1 0	16 15 14 13	Na Na Na Na Na Na	(%DV) 6 6 6 6	(% <b>DV</b> ) 0 0 0 0	0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch	% C % C % C % C	180 180 170 150	(g) 11 10 10 8	Fats (g) Na Na Na Na Na	6 4 5 4.5	0 0 1 0	16 15 14 13	Na Na Na Na Na Na	(%DV) 6 6 6 6	(% <b>DV</b> ) 0 0 0 0	0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light	りな C りな C りな C りな C りな C りな C	180 180 170 150 160	11 10 10 8 8	Na Na Na Na Na Na Na	6 4 5 4.5 5	0 0 1 0 0	(mg) 16 15 14 13 19	Na Na Na Na Na Na	6 6 6 6 6	0 0 0 0 0	0,+,++) 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan	Site V2 C	180 180 170 150 160	(g) 11 10 10 8 8	Na Na Na Na Na Na Na	6 4 5 4.5 5	0 0 1 0 0	(mg) 16 15 14 13 19	Na Na Na Na Na Na Na Na	6 6 6 6 6 6	0 0 0 0 0 0	0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip	りなで りなで りなで りなで りなで りなで りなで	180 180 170 150 160	(g) 11 10 10 8 8 8	Na Na Na Na Na Na Na Na	Fats (g)  6  4  5  4.5  5  2  3	0 0 1 0 0	(mg) 16 15 14 13 19 12 13	Na Na Na Na Na Na Na Na Na	6 6 6 6 6 6 6	0 0 0 0 0 0	0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream	りなで りなで りなで りなで りなで りなで りなで りなで りなで	180 180 170 150 160 120 120	(g) 11 10 10 8 8 8 5 4.5 4	Na Na Na Na Na Na Na Na Na	Fats (g)  6  4  5  4.5  5  2  3  2	0 0 1 0 0 0	(mg) 16 15 14 13 19 12 13 13	Na Na Na Na Na Na Na Na Na	6 6 6 6 6 6 6	0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip	りなで りなで りなで りなで りなで りなで りなで りなで りなで	180 180 170 150 160 120 120 120	(g) 11 10 10 8 8 8 5 4.5 4 4.5	Na Na Na Na Na Na Na Na Na Na	6 4 5 4.5 5 2 3 2 3	0 0 1 0 0 0	(mg) 16 15 14 13 19 12 13 13 13	Na Na Na Na Na Na Na Na Na Na Na	(%DV) 6 6 6 6 6 6 6	0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road	Site   1位 C   1d C	180 180 170 150 160 120 120 120 120	(g) 11 10 10 8 8 8 5 4.5 4 4.5	Na Na Na Na Na Na Na Na Na Na Na Na	6 4 5 4.5 5 2 3 2 3 2 2	0 0 1 0 0 0	(mg) 16 15 14 13 19 12 13 13 13 12	Na Na Na Na Na Na Na Na Na Na Na	(%DV) 6 6 6 6 6 6 6 6	0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry	Size   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c	180 180 170 150 160 120 120 120 120 120	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 3	Na Na Na Na Na Na Na Na Na Na Na Na Na	6 4 5 4.5 5 2 3 2 1.5	0 0 1 0 0 0 0 0	(mg) 16 15 14 13 19 12 13 13 13 13 12 13	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6	0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter peach Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean	Size   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c	180 180 170 150 160 120 120 120 120 120 110	(g) 11 10 10 8 8 5 4.5 4 4 4.5 4 3 3.5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	Fats (g)  6  4  5  4.5  5  2  3  2  1.5  2	0 0 1 0 0 0 0 0	(mig) 16 15 14 13 19 12 13 13 13 12 13 11	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 6	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular	Size   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c   投 c	180 180 170 150 160 120 120 120 120 120 110	(g) 11 10 10 8 8 5 4.5 4 4 4.5 4 3 3.5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	Fats (g)  6  4  5  4.5  5  2  3  2  1.5  2	0 0 1 0 0 0 0 0	(mig) 16 15 14 13 19 12 13 13 13 12 13 11	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 6	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate	Size           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с           ½ с	180 180 170 150 160 120 120 120 120 110 100	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 3 3.5 3.5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 4 5 4.5 5 2 3 2 1.5 2 2	0 0 1 0 0 0 0 0	(mg)  16 15 14 13 19  12 13 13 13 13 11 11	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 6	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream	Site   投 C   L C   L	180 180 170 150 160 120 120 120 120 120 110 100 100	(g) 11 10 10 8 8 5 4.5 4 4.5 4 3 3.5 3.5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	6 4 5 4.5 5 2 3 2 1.5 2 2 10.5	0 0 0 0 0 0 0 0 0 0	(mig)  16 15 14 13 19 12 13 13 13 13 12 13 11 11 11	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 6 6 7 7 7 7 7 7 7	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream Banana split Black walnut	Size           Уд с	180 180 170 150 160 120 120 120 120 120 120 120 120 120 12	(g) 11 10 10 8 8 5 4.5 4 4.5 4 3.5 3.5 3.5	Na N	6 4 5 4.5 5 2 3 2 1.5 2 2 10.5 9	0 0 0 0 0 0 0 0 0 0	(mig)  16 15 14 13 19 12 13 13 13 13 11 11 11 22 27	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 6 6 7 15	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream Banana split Black walnut Butter pecan	Site   投 C   L C   L	180 180 170 150 160 120 120 120 120 120 120 120 270 280 300	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 3.3.5 3.5 17 16 22	Na N	6 4 5 4.5 5 2 3 2 1.5 2 2 10.5 9 11.5	0 0 0 0 0 0 0 0 0 0	(mig)  16 15 14 13 19 12 13 13 13 13 11 11 11 22 27 19	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 6 7 15 10 10	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream Banana split Black walnut Butter pecan Cherry vanilla	Site           Исс	180 180 170 150 160 120 120 120 120 120 120 100 270 280 300 310 240	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 3.5 3.5 3.5 17 16 22 23 15	Na N	6 4 5 4.5 5 2 3 2 1.5 2 2 11.5 9 11.5 9.5	0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mig)  16 15 14 13 19 12 13 13 13 12 13 11 11 11 22 27 19 18 22	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 15 10 10 15	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream Banana split Black walnut Butter pecan Cherry vanilla Chocolate	Site           Исс	180 180 170 150 160 120 120 120 120 120 120 100 270 280 300 310 240 270	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 3.3.5 3.5 17 16 22 23 15 18	Na N	6 4 5 4.5 5 2 3 2 1.5 2 2 11.5 9 5 11.5 9.5 11.5	0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mig)  16 15 14 13 19 12 13 13 13 12 13 11 11 11 22 27 19 18 22 21	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 15 10 10 15	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream Banana split Black walnut Butter pecan Cherry vanilla Chocolate Chocolate Chocolate	Size           ½ с	180 180 170 150 160 120 120 120 120 110 100 270 280 300 310 240 270 360	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 4.5 4 3.5 3.5 3.5 17 16 22 22 23 15 18 24	Na N	6 4 5 4.5 5 2 2 3 2 1.5 2 2 11.5 9 11.5 11.5 11.5	0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 1 2 0 0 0 0	(mig)  16 15 14 13 19  12 13 13 13 12 13 11 11 22 27 19 18 22 21 24	Na N	6 6 6 6 6 6 6 6 6 6 6 6 6 7 10 10 15 10	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Mocha almond fudge Peanut butter cup Rocky road Spumoni Toffee bar crunch Dreyer's—Slow Churned Light Butter pecan Chocolate chip Cookies & cream Mint chocolate chip Rocky road Strawberry Vanilla bean Vanilla chocolate Häagen-Dazs—Regular Bailey's Irish Cream Banana split Black walnut Butter pecan Cherry vanilla Chocolate	Site           Исс	180 180 170 150 160 120 120 120 120 120 120 100 270 280 300 310 240 270	(g) 11 10 10 8 8 8 5 4.5 4 4.5 4 3.3.5 3.5 17 16 22 23 15 18	Na N	6 4 5 4.5 5 2 3 2 1.5 2 2 11.5 9 5 11.5 9.5 11.5	0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mig)  16 15 14 13 19 12 13 13 13 12 13 11 11 11 22 27 19 18 22 21	Na N	(%DV) 6 6 6 6 6 6 6 6 6 6 15 10 10 15	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

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1/2 c 1/2 c 1/2 c 1/2 c 26 pcs 26 pcs 26 pcs 26 pcs 1 1 1 1	230 230 240 440 410 510 420 380 80 80 230 220 260 380 230	7 8 7 32 29 39 28 28 0 1.5 0	Na Na Na Na Na Na Na O O O O Na Na Na Na	22 20 23 20 20 0 0.5 0	0 0 0 1 1 2 0 0 0 0	28 23 23 24 24 20 15 20	Na Na Na Na Na Na Na O Na Na Na	10 15 15 10 10 8 8 8 0 4 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
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26 pcs 26 pcs 26 pcs 26 pcs 1 1 1 1 1	410 510 420 380 80 80 230 220 260 380 230	29 39 28 28 0 1.5 0	Na Na Na O O O O Na Na Na	20 23 20 20 0 0.5 0	1 2 0 0 0 0 1	23 23 24 24 20 15 20	Na Na Na Na O Na Na Na	10 8 8 8 0 4 0	0 0 0 0 0 0	0 0 0 0 0
26 pcs 26 pcs 26 pcs 26 pcs 1 1 1 1 1	410 510 420 380 80 80 230 220 260 380 230	29 39 28 28 0 1.5 0	Na Na Na O O O O Na Na Na	20 23 20 20 0 0.5 0	1 2 0 0 0 0 1	23 23 24 24 20 15 20	Na Na Na Na O Na Na Na	10 8 8 8 0 4 0	0 0 0 0 0 0	0 0 0 0 0
26 pcs 26 pcs 26 pcs 26 pcs 1 1 1 1 1	410 510 420 380 80 80 230 220 260 380 230	29 39 28 28 0 1.5 0	Na Na Na O O O O Na Na Na	20 23 20 20 0 0.5 0	1 2 0 0 0 0 1	23 23 24 24 20 15 20	Na Na Na Na O Na Na Na	10 8 8 8 0 4 0	0 0 0 0 0 0	0 0 0 0 0
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26 pcs 26 pcs 1 1 1 1 1 1 1 1	380 80 80 80 230 220 260 380 230	28 0 1.5 0 11 10 15 20	Na O O O Na Na Na	20 0 0.5 0 4.5 6	0 0 0 0 1	24 20 15 20	Na O Na Na Na Na	8 0 4 0	0 0 0 0 0 0 0 0	0 0 0 0
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	230				i	35	Na	15	0	0
			Na	6.5	i	18	Na	4	0	0
	240	12	Na	6	i	23	Na	6	0	ő
Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
1	300	21	Na	13	<1	21	Na	8	0	0
1	310	22	Na	12	<1	21	Na	10	0	0
1	290	20	Na	12	1	20	Na	8	0	0
1	290	21	Na	14	0	21	Na	8	0	0
4.5 oz	250	17	Na	13	1	18	Na	8	0	0
4.5 oz	250	17	Na	13	0	19	Na	8	0	0
4 oz	460	17	Na	12	0	19	Na	8	0	0
4 oz	260	17	Na	11	1	19	Na	6	0	0
4 oz	270	18	Na	11	1	20	Na	8	0	0
4.5 oz	250	17	Na	13	0	18	Na	8	0	0
4.3 oz	280	16	Na	9	1	20	Na	8	0	0
1	260	12	Na	7	1	22	Na	4	0	0
1	180	6	Na	4	0	16	Na	6	Ó	0
1.65 oz	70	1	0	0.5	0	8	Na	4	10	0
1	40	-	0			ō	Na		0	0
	60		0		0	9		10	ō	o
	50		-			-			-	-
1/2 €	160	7	Na	1	3	12	Na	0	0	0
										ŏ
	1 1 1 1 4.5 oz 4.5 oz 4 oz 4 oz 4.5 oz 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 300 1 310 1 290 1 290 4.5 oz 250 4.5 oz 250 4 oz 460 4 oz 260 4 oz 270 4.5 oz 250 4.3 oz 280 1 260 1 180 1.65 oz 70 1 40 1.65 oz 60	1 300 21 1 310 22 1 290 20 1 290 21  4.5 oz 250 17 4.5 oz 250 17 4 oz 460 17 4 oz 260 17 4 oz 270 18 4.5 oz 250 17 4.3 oz 280 16 1 260 12 1 180 6  1.65 oz 70 1 1 40 2 1.65 oz 60 1.5	Size (g) Fats (g)  1 300 21 Na 1 310 22 Na 1 290 20 Na 1 290 21 Na 4.5 oz 250 17 Na 4.5 oz 250 17 Na 4 oz 460 17 Na 4 oz 260 17 Na 4 oz 270 18 Na 4 oz 270 18 Na 4.5 oz 250 17 Na 4.5 oz 250 17 Na 1 260 12 Na 1 260 12 Na 1 180 6 Na 1.65 oz 70 1 0 1 40 2 0 1.65 oz 60 1.5 0	Size   (g)   Fats (g)   Fats (g)	Size   (g)   Fats (g)   Fats (g)   (g)	Size (g) Fats (g) Fats (g) (g) (mig)  1 300 21 Na 13 <1 21 1 310 22 Na 12 <1 21 1 290 20 Na 12 1 20 1 290 21 Na 14 0 21  4.5 oz 250 17 Na 13 0 19 4 oz 250 17 Na 13 0 19 4 oz 260 17 Na 12 0 19 4 oz 260 17 Na 11 1 1 19 4 oz 270 18 Na 11 1 1 19 4 oz 270 18 Na 11 1 1 20 4.5 oz 250 17 Na 13 0 18 4.3 oz 280 16 Na 9 1 20 1 260 12 Na 7 1 22 1 180 6 Na 9 1 20 1 1 260 12 Na 7 1 22 1 180 6 Na 4 0 16  1.65 oz 70 1 0 0.5 0 8 1 40 2 0 1.5 6 0 1.65 oz 60 1.5 0 1.5 0 9	Table   Tabl	Size   (g)   Fats (g)   Fats (g)   (g)   (mg)   carotene (mcg)   (%DV)	Table   Tabl

Feed	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vil. (0,+,++
Creamy vanilla	½ <b>c</b>	130	3	Na	0	3	13	Na	0	0	0
Mocha fudge	1/2 C	130	3	Na	0	3	15	Na	0	0	0
Peanut butter	1/2 <b>c</b>	150	6	Na	1	3	12	Na	0	0	0
Soy Delicious-Novelties											
Li'l Buddies, chocolate	1	150	3	Na	1	2	12	Na	0	0	0
Li'l Buddies, vanilla	1	150	3	Na	1	2	13	Na	0	0	0
So Delicious Dairy-Free bars, orange	1	80	5	Na	0	2	12	Na	10	0	0
So Delicious Dairy-Free bars fudge	1	90	3	Na	0	2	9	Na	0	0	0
Sweet Nothings, fudge bar	1	100	0	0	0	0	12	Na	0	8	0
Sweet Nothings, mango raspberry	1	100	0	0	0	0	12	Na	0	8	0
IAM, JELLY, PRESERVES											
Cascadian Farm Fruit Spreads, all flavors	1 tbs	40	0	0	0	0	10	0	0	0	0
Smuckers jam, all flavors	1 tbs	50	0	0	0	0	12	0	0	0	0
Smuckers jelly, all flavors	1 tbs	50	0	0	0	0	12	0	0	0	0
Smuckers preserves, all flavors	1 tbs	50	0	0	0	0	12	0	0	0	0
KALE, fresh, cooked, chopped, no salt	1 c	36	1	0	0	3	2	10,625	4	88	0
KETCHUP											
Del Monte	1 tbs	15	0	0	0	0	4	0	0	0	0
Hunts	1 tbs	15	0	0	0	0	4	0	0	0	0
KIELBASA											
Hillshire, Polska	2 oz	180	15	Na	6	0	0	0	0	1	0
Jennie-O, turkey	2 oz	70	3	Na	ì	ō	ì	Ö	2	ō	ō
Oscar Mayer, Polska, turkey	2 oz	90	5	Na	1.5	0	i	Ö	õ	ō	0
Food	Portion Size	Calories	Total Fat	Good Fats (e)	Bad Fats (e)	Fiber	Sugars (mo)	Beta- camtene (mcs)	Calcium	Vit. C	B vit.
	Portion Size		Total Fat (g)	Fats (g)	Fats (g)	Fiber (g)	(mg)	Beta- carotene (mcg)	Calcium (%DV)	(%DV)	(0,+,++
KUMQUAT, raw	Size	Calories 13	(g)			(g)		carotene (mcg)	(%DV)		
KUMQUAT, raw LAMB	Size 1	13	(g) 0	Fats (g)	Fats (g)	(g)	(mg) 2	(mcg)	(%DV)	(% <b>DV</b> )	0,+,++
KUMQUAT, raw LAMB Australian, sirloin chop, lean, broiled	Size 1 3 oz	13	0 7	Fats (g)	0 3	(g) 1 0	(mg) 2 0	0 0	(% <b>DV</b> )	(% <b>DV</b> ) 13 0	0 +
KUMQUAT, raw LAMB Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted	Size 1 3 oz 3 oz	13 160 162	(g) 0 7 7	0 3 3	0 3 3	(g) 1 0 0	(mg) 2 0 0	0 0 0	(% <b>DV</b> )	(% <b>DV</b> ) 13 0 0	0 + + +
KUMQUAT, raw LAMB Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled	Size 1 3 oz	13	0 7	Fats (g)	0 3	(g) 1 0	(mg) 2 0	0 0	(% <b>DV</b> )	(% <b>DV</b> ) 13 0	0 +
KUMQUAT, raw LAMB Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean	Size 1 3 oz 3 oz	13 160 162	(g) 0 7 7 19	0 3 3 6	0 3 3 9	(g) 1 0 0 0	(mg) 2 0 0 0	0 0 0 0 0	(% <b>DV</b> )	0 0 0 0	0 + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted	3 oz 3 oz 3 oz 3 oz 3 oz	13 160 162 247 241	(g) 0 7 7 7 19	0 3 3 6	6 3 3 9 7	0 0 0 0	(mg) 2 0 0 0 0	0 0 0 0 0 0	(%DV)	0 0 0 0	0 + + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted	3 oz 3 oz 3 oz 3 oz 3 oz 3 oz	13 160 162 247 241 172	(g) 0 7 7 7 19	7 3 3 6	7 3 7 3	0 0 0 0 0	(mg) 2 0 0 0 0 0	0 0 0 0 0 0	(%DV)  1  1 0 2 0	0 0 0 0 0	0 + + + + + + + + + + + + + + + + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted	3 oz	13 160 162 247 241 172 290	(g) 0 7 7 19 17 8 23	7 3 10	6 3 3 9 7	(g) 1 0 0 0 0	(mg) 2 0 0 0 0	0 0 0 0 0 0	(%DV)  1  1 0 2 0 1	0 0 0 0 0	0 + + + + + + + + + + + + + + + + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled	3 oz	13 160 162 247 241 172 290 252	(g) 0 7 7 19 17 8 23 18	7 3 6 7 3 10 7	7 3 3 9 7 3 10 9	(g) 1 0 0 0 0	(mg) 2 0 0 0 0 0 0	0 0 0 0 0 0 0	(%DV)  1  1 0 2  0 1 1	0 0 0 0 0 0	0 + + + + + + + + + + + + + + + + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean & fat, broiled NZ, frozen, rib, lean, roasted	3 oz	13 160 162 247 241 172 290 252 167	(g) 0 7 7 7 19 17 8 23 18 9	7 3 10 7 3.5	7 3 3 9 7 3 10 9	(g) 1 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	(% <b>DV</b> )  1  1  0  2  0  1  1  1  1  1  1  1  1  1  1  1  1	0 0 0 0 0 0 0	(0,+,++ 0 + + + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised	3 oz	13 160 162 247 241 172 290 252 167 291	(g) 0 7 7 19 17 8 23 18 9 20	7 3 10 7 3.5 8	7 3 10 9 4 10	(g) 1 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	(% <b>bV</b> )  1  1  0  2  0  1  1  1  2	0 0 0 0 0 0 0 0	(0,+,++ 0 + + + + + + +
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE	3 oz	13 160 162 247 241 172 290 252 167 291 61	(g) 0 7 7 7 19 17 8 23 18 9 20 1	7 3 6 7 3 10 7 3.5 8	7 3 10 9 4 10 0	0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 5	0 0 0 0 0 0 0 0 0 0 0	(% <b>bV</b> )  1  1  0  2  0  1  1  1  2  5	0 0 0 0 0 0 0 0 0 0	0 + + + + + + + 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink	3 oz	13 160 162 247 241 172 290 252 167 291 61	(g) 0 7 7 7 19 17 8 23 18 9 20 1	7 3 10 7 3.5 8 0 0	7 3 10 9 4 10 0 0	(g) 1 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 5	0 0 0 0 0 0 0 0 0 0 0	(% <b>DV</b> )  1  1 0 2  0 1 1 1 1 2 5	0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + + 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink Country Time, strawberry	3 oz	13 160 162 247 241 172 290 252 167 291 61	(g) 0 7 7 7 19 17 8 23 18 9 20 1	7 3 10 7 3.5 8 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 5 16 20	0 0 0 0 0 0 0 0 0 0 0	(% <b>bV</b> )  1  1  0  2  0  1  1  1  2  5	0 0 0 0 0 0 0 0 0 0	0 + + + + + + + + 0 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink	3 oz	13 160 162 247 241 172 290 252 167 291 61	(g) 0 7 7 7 19 17 8 23 18 9 20 1	7 3 10 7 3.5 8 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0	(g) 1 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 5	0 0 0 0 0 0 0 0 0 0 0	(% <b>DV</b> )  1  1 0 2  0 1 1 1 1 2 5	0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + + 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink Country Time, strawberry	3 oz	13 160 162 247 241 172 290 252 167 291 61	(g) 0 0 7 7 7 19 17 8 23 18 9 20 1 0 0 0 0 0	7 3 10 7 3.5 8 0 0 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 5 16 20	0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1  1 0 2  0 1 1 1 1 2 5 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + 0 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONDE Country Time, regular or pink Country Time, strawberry Minute Maid, frozen, country	3 oz	13 160 162 247 241 172 290 252 167 291 61 60 80 110	(g) 0 0 7 7 7 19 17 8 23 18 9 20 1 0 0 0 0	7 3 10 7 3.5 8 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 5 16 20 27	0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1  1 0 2  0 1 1 1 1 2 5 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + + 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink Country Time, strawberry Minute Maid, frozen, country Minute Maid, carton	3 oz	13 160 162 247 241 172 290 252 167 291 61 60 80 110 110	(g) 0 0 7 7 7 19 17 8 23 18 9 20 1 0 0 0 0 0	7 3 10 7 3.5 8 0 0 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 5 16 20 27 29	0 0 0 0 0 0 0 0 0 0 0 0 0 0	(% <b>bV</b> )  1  1  0  2  0  1  1  1  2  0  0  0  0  0  0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + 0 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink Country Time, strawberry Minute Maid, frozen, country Minute Maid, carton Minute Maid, raspberry, carton	3 oz	13 160 162 247 241 172 290 252 167 291 61 60 80 110 110 120	(g) 0 0 7 7 7 19 17 8 23 18 9 20 1 0 0 0 0 0 0 0	7 3 10 7 3.5 8 0 0 0 0 0 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 5 16 20 27 29 30	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1  1 0 2  0 1 1 1 1 2 5 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + 0 0 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean, roasted NZ, frozen, rib, lean, roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink Country Time, strawberry Minute Maid, frozen, country Minute Maid, carton Minute Maid, raspberry, carton LENTILS, cooked, no salt	3 oz	13 160 162 247 241 172 290 252 167 291 61 60 80 110 110 120	(g) 0 0 7 7 7 19 17 8 23 18 9 20 1 0 0 0 0 0 0 0	7 3 10 7 3.5 8 0 0 0 0 0 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 2 0 0 0 0 0 0 0 0 5 16 20 27 29 30	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1  1 0 2  0 1 1 1 1 2 5 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + 0 0 0 0
KUMQUAT, raw LAMB  Australian, sirloin chop, lean, broiled Australian, leg, whole, lean, roasted Australian shoulder blade, lean & fat, broiled Domestic, leg, sirloin half, lean & fat, roasted Domestic, loin, lean, roasted Domestic, rib, lean & fat, roasted NZ, frozen, loin, lean & fat, broiled NZ, frozen, rib, lean roasted NZ, frozen, shoulder, lean & fat, braised LEMON, raw, peeled LEMONADE Country Time, regular or pink Country Time, strawberry Minute Maid, frozen, country Minute Maid, carton Minute Maid, raspberry, carton LENTILS, cooked, no salt LETTUCE	3 oz	13 160 162 247 241 172 290 252 167 291 61 60 80 110 110 120 230	(g) 0 0 7 7 7 19 17 8 23 18 9 20 1 0 0 0 0 1	7 3 10 7 3.5 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	7 3 10 9 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 0 0 0 0 0 0 0 0 0 0 0 0 0 16	(mg) 2 0 0 0 0 0 0 0 0 0 5 16 20 27 29 30 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  1  1 0 2  0 1 1 1 1 2 5 0 0 0 0 0 0 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 + + + + + + + + + + 0 0 0 0 0 + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Red leaf, shredded	1 c	4	0	0	0	0	0	1258	0	1	0
Romaine, shredded	1 c	8	0	0	0	1	1	1637	1	18	0
LIMA BEANS, fresh, boiled, no salt	1 c	209	1	0	0	13	6	0	3	0	+
Birds Eye (frozen), baby limas, cooked	1/2 C	110	0	0	0	5	0	0	4	15	+
Birds Eye (frozen), Fordhook	1/2 C	100	0	0	0	4	0	0	0	25	+
Del Monte, canned	1/2 C	80	0	0	0	4	0	0	2	8	+
Green Giant, baby limas & butter, cooked	2/3 C	100	1.5	0	1	5	1	0	2	15	+
LIME, fresh	1	20	0	0	0	2	1	20	2	32	0
LIVER (see beef, chicken, duck)											
LIVERWURST	1 oz	91	8	Na	3	0	0	0	0	0	+
LOBSTER											
Northern, cooked	3 oz	83	1	Na	0	0	0	0	5	0	0
Spiny	3 oz	122	2	Na	0	0	0	0	5	2	+
LUNCHABLES											
Bologna & American cracker stackers	1 pkg	390	22	Na	10	1	12	0	25	0	0
Chicken dunks	1 pkg	310	6	Na	2	0	35	0	2	20	0
Chicken shakeups BBQ	1 pkg	220	6	Na	2	1	16	0	15	100	0
Chicken strips, maxed out	1 pkg	480	15	Na	4.5	1	32	0	6	20	0
Ham & cheese cracker stackers	1 pkg	400	20	Na	10	1	14	0	20	0	0
Ham & Swiss	1 pkg	340	17	Na	10	1	6	0	35	0	0
Ham & Swiss, low fat, cracker stackers	1 pkg	330	9	Na	4.5	1	30	0	35	100	0
Mini burgers, grilled	1 pkg	390	11	Na	5.5	1	34	0	20	100	0
Nachos	1 pkg	380	21	Na	6	1	3	0	0	0	0
Pizza stix, maxed out	1 pkg	680	10	Na	4.5	3	72	0	40	25	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Pizza & Treatza	1 pkg	460	10	Na	4.5	4	46	0	35	4	0
Taco beef	1 pkg	450	10	Na	4.5	1	34	0	50	2	0
Turkey & American cracker stackers	1 pkg	420	17	Na	8.5	1	39	0	25	100	0
Turkey, ham, swiss, cheddar	1 pkg	360	19	Na	10	1	8	0	30	0	0
LUNCHEON LOAF	. 10										
Oscar Mayer, ham & cheese	1 oz	60	4.5	2	2.5	0	1	0	1	0	0
Oscar Mayer, luncheon loaf spiced	1 oz	60	4.5	2	1.5	0	1	0	3	Ó	0
Oscar Mayer, olive loaf	1 oz	80	6	3	2	0	1	0	3	0	0
Oscar Mayer, pickle & pimento loaf	1 oz	80	6	3	2	0	2	0	3	0	0
MACADAMIA NUTS,											
dry roasted, no salt	1 oz	203	21	16.5	3	2	1	0	1	0	0
MACARONI (Also see "Pasta")											
MACARONI & CHEESE (boxed, mix) (Also see "Pasta" and "Frozen Dinners")											
Kraft Deluxe w/original											
cheddar cheese	3.5 oz	320	10	Na	3.5	2	4	Na	15	0	Na
Kraft Deluxe sharp cheddar	3.5 oz	320	10	Na	3.5	1	4	Na	15	0	Na
Kraft Dinner Deluxe ½ the fat	3.5 oz	290	4.5	Na	2.5	1	6	Na	20	0	Na
Kraft Dinner Deluxe 4 cheese sauce	3.5 oz	320	10	Na	3.5	1	3	Na	15	0	Na
Kraft Premium cheesy alfredo	2 oz	260	2.5	Na	1	2	8	Na	10	0	Na
Kraft Premium thick 'n creamy	2 oz	250	2	Na	1	2	8	Na	10	0	Na
Kraft Premium three cheese	2 oz	260	2.5	Na	1	2	7	Na	10	0	Na
Kraft The Cheesiest	2 oz	260	2.5	Na	1	1	7	Na	20	0	Na

Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
MACKEREL								, 0			, , ,
Atlantic, broiled	3 oz	223	15	6	4	0	0	0	1	0	++
King, broiled	3 oz	114	2	1	0	0	0	0	3	2	++
Pacific, broiled	3 oz	171	9	3	2	0	0	0	2	2	++
Spanish, broiled	3 oz	134	5	2	2	0	0	0	1	2	++
w/tomato sauce (Chicken of the Sea)	V4 C	70	3	1	1	0	1	0	15	0	+
MANGO, fresh, sliced	1 c	107	0	0	0	3	24	734	1	76	0
MARGARINE & SPREADS											
Benecol, regular	1 tbs	70	8	4.5	1	0	0	0	0	0	0
Benecol, light	1 tbs	50	5	2.5	0.5	0	0	0	0	0	0
Blue Bonnet, regular stick	1 tbs	80	9	2.5	3.5	0	0	0	0	0	0
Blue Bonnet, light stick	1 tbs	50	5	1.5	1.5	0	0	0	0	0	0
Blue Bonnet homestyle soft	1 tbs	60	7	1.5	1	0	0	0	0	0	0
Blue Bonnet homestyle light, soft	1 tbs	40	4.5	Na	1	0	0	0	0	0	0
Country Crock, regular, tub & sticks	1 tbs	60	7	1.5	2.5	0	0	0	0	0	0
Country Crock, churn style	1 tbs	80	8	2.5	3	0	0	0	0	ō	ō
Country Crock, light	1 tbs	50	5	1.5	1.5	0	0	0	0	ō	ō
Country Crock plus calcium	1 tbs	50	5	1.5	1.5	0	0	0	10	0	0
I Can't Believe It's Not Butter, fat free	1 tbs	5	0	0	0	0	0	0	0	0	0
I Can't Believe It's Not Butter, light, soft	1 tbs	50	5	1.5	1	0	0	Na	0	ō	+
I Can't Believe It's Not Butter, orig., soft	1 tbs	80	8	2	2	0	0	Na	0	0	+
I Can't Believe It's Not Butter, spray	5 sprays	0	0	0	0	0	0	0	0	0	0
Parkay, light, tub	1 tbs	50	5	1.5	1	ō	0	0	0	0	0
Parkay, orig. stick	1 tbs	80	9	3	3	0	0	Na	0	0	+
, and the same											
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Parkay, soft tub	1 tbs	60	7	2	1.5	0	0	Na	0	0	
5 1 1 1 1 6 1 1 1				- 4	1.5				U	U	+
Promise buttery spread, soft, light	1 tbs	45	5	1.5	1.5	0	0	Na	0	0	+
Promise buttery spread, soft, light Promise buttery spread, soft	1 tbs 1 tbs		5								
		45		1.5	1	0	0	Na	0	0	+
Promise buttery spread, soft	1 tbs	45 80	8	1.5 3	1 1.5	0	0	Na Na	0	0	++
Promise buttery spread, soft Smart Balance, 67% light spread	1 tbs 1 tbs	45 80 80	8	1.5 3 3.5	1 1.5 2.5	0 0 0	0 0 0	Na Na Na	0 0 0	0 0 0	+ + +
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread	1 tbs 1 tbs 1 tbs	45 80 80 45	8 9 5	1.5 3 3.5 2	1 1.5 2.5 1.5	0 0 0	0 0 0	Na Na Na Na	0 0 0	0 0 0	+ + + +
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus	1 tbs 1 tbs 1 tbs	45 80 80 45	8 9 5	1.5 3 3.5 2	1 1.5 2.5 1.5	0 0 0	0 0 0	Na Na Na Na	0 0 0	0 0 0	+ + + +
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS	1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80	8 9 5 9	1.5 3 3.5 2 3.5	1 1.5 2.5 1.5 2.5	0 0 0 0	0 0 0 0	Na Na Na Na Na	0 0 0 0	0 0 0 0	+ + + + +
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème	1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80	8 9 5 9	1.5 3 3.5 2 3.5	1 1.5 2.5 1.5 2.5	0 0 0 0 0	0 0 0 0 0	Na Na Na Na Na	0 0 0 0 0	0 0 0 0 0	+ + + + +
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING	1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs	45 80 80 45 80 40 110	8 9 5 9 0	1.5 3 3.5 2 3.5 0	1 1.5 2.5 1.5 2.5 0	0 0 0 0	0 0 0 0 0	Na Na Na Na Na O O	0 0 0 0 0	0 0 0 0 0	+ + + + + 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut	1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs	45 80 80 45 80 40 110	8 9 5 9 0	1.5 3 3.5 2 3.5 0	1 1.5 2.5 1.5 2.5 0	0 0 0 0	0 0 0 0 0	Na Na Na Na Na O O	0 0 0 0 0	0 0 0 0 0	+ + + + + 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING	1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs	45 80 45 80 40 110	8 9 5 9 0 0 2.5	1.5 3 3.5 2 3.5 0 0 Na	1 1.5 2.5 1.5 2.5 0 0	0 0 0 0 0	0 0 0 0 0 8 18 16	Na Na Na Na Na O O	0 0 0 0 0	0 0 0 0 0	+ + + + + 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola	1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs	45 80 45 80 40 110 100	8 9 5 9 0 0 2.5	1.5 3 3.5 2 3.5 0 0 Na	1 1.5 2.5 1.5 2.5 0 0 2	0 0 0 0 0	0 0 0 0 0 0 8 18 16	Na Na Na Na Na O O O	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0	+ + + + + 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola Hellman's light	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs	45 80 80 45 80 40 110 100	8 9 5 9 0 0 2.5	1.5 3 3.5 2 3.5 0 0 Na	1 1.5 2.5 1.5 2.5 0 0 2	0 0 0 0 0	0 0 0 0 0 0 8 18 16	Na Na Na Na Na O O O O	0 0 0 0 0	0 0 0 0 0 0	+ + + + + 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola Hellman's light Kraft, fat free	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs 1 tbs	45 80 80 45 80 40 110 100 90 45 10	8 9 5 9 0 0 2.5 10 4.5 0	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 18 16	Na Na Na Na Na O O O O	0 0 0 0 0 0	0 0 0 0 0 0	+ + + + + 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15	8 9 5 9 0 0 2.5 10 4.5 0	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0 Na 0	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 18 16 0 0 1	Na Na Na Na O O O O O	0 0 0 0 0 0 0	0 0 0 0 0 0 0	+ + + + + 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free Miracle Whip, light	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80 40 110 100 90 45 10	8 9 5 9 0 0 2.5 10 4.5 0 11 0	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0 Na 0 Na	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 18 16 0 0 1 1 2 2	Na Na Na Na O O O O O	0 0 0 0 0 0	0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15 25	8 9 5 9 0 0 2.5 10 4.5 0	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0 Na 0	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 18 16 0 0 1	Na Na Na Na O O O O O O	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free Miracle Whip, light Miracle Whip, orig. dressing MILK	1 tbs 2 tbs 4 pcs 3 pcs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15 25 40	8 9 5 9 0 0 2.5 10 4.5 0 11 0 1.5 3.5	1.5 3 3.5 2 3.5 0 Na 5 Na 0 Na 0 Na Na	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 8 18 16 0 0 1 1 2 2 2	Na Na Na Na O O O O O O	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, funmallows Jet-puffed, sasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free Miracle Whip, light Miracle Whip, orig. dressing MILK 1% protein fortified	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15 25 40	8 9 5 9 0 0 2.5 10 4.5 0 11 0 1.5 3.5	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0 Na 0 Na 0 Na	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 18 16 0 0 1 1 2 2 2	Na Na Na Na O O O O O O	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, funmallows Jet-puffed, soasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free Miracle Whip, light Miracle Whip, orig. dressing MILK 1% protein fortified 2%, protein fortified	1 tbs 2 tbs 4 pcs 3 pcs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15 25 40	8 9 5 9 0 0 2.5 10 4.5 0 11 0 1.5 3.5	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0 Na 0 Na 0 Na 1.5	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 18 16 0 0 1 1 2 2 2 2	Na Na Na Na O O O O O O O O	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, funmallows Jet-puffed, sasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free Miracle Whip, light Miracle Whip, orig. dressing MILK 1% protein fortified	1 tbs 1 tbs 1 tbs 1 tbs 2 tbs 4 pcs 3 pcs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15 25 40	8 9 5 9 0 0 2.5 10 4.5 0 11 0 1.5 3.5	1.5 3 3.5 2 3.5 0 0 Na 0 Na 0 Na 0 Na 0 1.5 0.5	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 2 0 0 0.5	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 18 16 0 0 1 1 2 2 2 2	Na Na Na Na O O O O O O	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0 0 0 0 0 0 0 0
Promise buttery spread, soft Smart Balance, 67% light spread Smart Balance, 37% light spread Smart Balance Omega Plus MARSHMALLOWS Jet-puffed crème Jet-puffed, funmallows Jet-puffed, toasted coconut MAYONNAISE & SALAD DRESSING Hellman's canola Hellman's light Kraft, fat free Kraft, real mayonnaise Miracle Whip, fat free Miracle Whip, light Miracle Whip, orig. dressing MILK 1% protein fortified 2%, protein fortified Buttermilk, low fat	1 tbs 2 tbs 4 pcs 3 pcs 1 tbs	45 80 80 45 80 40 110 100 90 45 10 100 15 25 40 118 138 98	8 9 5 9 0 0 2.5 10 4.5 0 11 0 1.5 3.5	1.5 3 3.5 2 3.5 0 0 Na 5 Na 0 Na 0 Na 0 Na 1.5	1 1.5 2.5 1.5 2.5 0 0 2 1 0.5 0 0 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 8 18 16 0 0 1 1 2 2 2 2	Na Na Na Na O O O O O O O O O	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Lactaid, fat free	1 c	80	0	Na	0	0	12	0	30	0	+
Lactaid, 2%	1 c	130	5	Na	3	0	12	0	30	0	+
Skim, calcium fortified	1 c	86	0	0	0	0	12	0	50	4	+
Whole	1 c	146	8	2	4.5	0	13	12	27	0	+
MIXED FRUIT											
Del Monte, cherry mixed	1/2 C	90	0	0	0	<1	19	150*	0	8	0
Del Monte, chunky mixed	1/2 <b>C</b>	100	0	0	0	1	23	150*	0	4	0
Del Monte, fruit cocktail	1/2 C	100	0	0	0	1	23	150*	0	4	0
Dole, mixed, frozen	¥4 C	60	0	0	0	2	12	Na	0	160	0
Dole, tropical mixed	1/2 C	90	0	0	0	1	20	Na	0	45	0
S&W, chunky mixed, natural style	1/2 C	80	0	0	0	3	16	175*	0	2	0
S&W, cocktail, lite syrup	⅓ c	70	0	0	0	1	16	175*	0	2	0
MOLASSES, blackstrap	1 tbs	47	0	0	0	0	0	0	17	0	0
Regular	1 tbs	58	0	0	0	0	11	0	4	0	0
MUFFINS (box/pouch mixes only)											
Betty Crocker											
Apple streusel	√4 c mix	160	3	Na	1.5	1	17	Na	0	0	0
Banana nut	3 tbs	150	3.5	Na	1	<1	13	Na	0	0	0
Chocolate chip, pouch	Vs pkg	160	5	Na	3	1	14	Na	0	0	0
Cinnamon streusel	Vı₂ pkg	150	3.5	Na	2	0	17	Na	0	0	0
Double chocolate	Vı₂ pkg	190	7	2	4	0	20	Na	20	0	0
Lemon poppy seed	V12 pkg	140	2	Na	1	0	19	Na	2	0	0
Lemon poppy seed, pouch	√6 pkg	130	3.5	Na	2	0	12	Na	0	0	0
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
~	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Twice the blueberries	¼ c mix	120	1	0	0 0.5	1	17	Na	0	2	0
Wild blueberry	V12 pkg	130	1.5		n s	<1	15				
			1.5	Na	0.5			Na	0	0	0
Jiffy											
Jiffy Apple cinnamon, mix	V4 C	160	6	Na	2	0	12	Na	4	0	0
Jiffy Apple cinnamon, mix Banana nut, mix	V4 C V4 C	160 150	6	Na Na	2 2	0 <1	12 10	Na Na	4	0	0
Jiffy Apple cinnamon, mix Banana nut, mix Blueberry, mix	V4 C V4 C V4 C	160 150 160	6 6 5	Na Na Na	2 2 2	0 <1 0	12 10 11	Na Na Na	4 4 4	0 0 0	0 0
Jiffy Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix	V4 C V4 C V4 C V4 C	160 150 160 140	6 6 5 4.5	Na Na Na Na	2 2 2 1.5	0 <1 0	12 10 11 9	Na Na Na Na	4 4 4	0 0 0	0 0 0
Jiffy Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix	V4 C V4 C V4 C	160 150 160	6 6 5	Na Na Na	2 2 2	0 <1 0	12 10 11	Na Na Na	4 4 4	0 0 0	0 0
Jiffy Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix MUSHROOMS	V4 C V4 C V4 C V4 C V4 C	160 150 160 140 160	6 6 5 4.5	Na Na Na Na Na	2 2 2 1.5 2	0 <1 0 2	12 10 11 9	Na Na Na Na Na	4 4 4 4	0 0 0 0	0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix MUSHROOMS Brown or Italian, raw	V4 C V4 C V4 C V4 C V4 C	160 150 160 140 160	6 6 5 4.5 6	Na Na Na Na Na	2 2 2 1.5 2	0 <1 0 2 0	12 10 11 9 11	Na Na Na Na Na	4 4 4 4 4	0 0 0 0	0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices	V4 C V4 C V4 C V4 C V4 C V4 C	160 150 160 140 160	6 6 5 4.5 6	Na Na Na Na Na O	2 2 2 1.5 2	0 <1 0 2 0	12 10 11 9 11	Na Na Na Na Na O O	4 4 4 4 4 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced	V4 c V4 c V4 c V4 c V4 c V4 c 1 oz V2 c 1 c	160 150 160 140 160 6 25	6 6 5 4.5 6 0 0	Na Na Na Na Na O O	2 2 2 1.5 2 0 0	0 <1 0 2 0	12 10 11 9 11	Na Na Na Na Na O O	4 4 4 4 4 0 0	0 0 0 0 0	0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt	V4 C V4 C V4 C V4 C V4 C V4 C	160 150 160 140 160	6 6 5 4.5 6	Na Na Na Na Na O	2 2 2 1.5 2	0 <1 0 2 0	12 10 11 9 11	Na Na Na Na Na O O	4 4 4 4 4 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS	V4 C V4 C V4 C V4 C V4 C V4 C V4 C 1 OZ V2 C 1 C 1 C	160 150 160 140 160 6 25 22 81	6 6 5 4.5 6 0 0	Na Na Na Na O O O	2 2 2 1.5 2 0 0	0 <1 0 2 0 0	12 10 11 9 11 0 1 2 6	Na Na Na Na Na O O O	4 4 4 4 4 0 0 0	0 0 0 0 0	0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked	V4 c V4 c V4 c V4 c V4 c V4 c 1 oz V2 c 1 c	160 150 160 140 160 6 25	6 6 5 4.5 6 0 0	Na Na Na Na Na O O	2 2 2 1.5 2 0 0	0 <1 0 2 0	12 10 11 9 11	Na Na Na Na Na O O	4 4 4 4 4 0 0	0 0 0 0 0	0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole,	V4 C V4 C V4 C V4 C V4 C V4 C V4 C 1 OZ V2 C 1 C 1 C	160 150 160 140 160 6 25 22 81	6 6 5 4.5 6 0 0	Na Na Na Na O O O	2 2 2 1.5 2 0 0	0 <1 0 2 0 0 1 2 3	12 10 11 9 11 0 1 2 6	Na Na Na Na O O O	4 4 4 4 4 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole, smoked	V4 C V4 C V4 C V4 C V4 C V4 C V4 C 1 OZ V2 C 1 C 1 C	160 150 160 140 160 6 25 22 81	6 6 5 4.5 6 0 0	Na Na Na Na O O O	2 2 2 1.5 2 0 0	0 <1 0 2 0 0	12 10 11 9 11 0 1 2 6	Na Na Na Na Na O O O	4 4 4 4 4 0 0 0	0 0 0 0 0	0 0 0 0 0
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole, smoked  MUSTARD	V4 C V4 C V4 C V4 C V4 C V4 C 1 OZ V2 C 1 C 1 C 3 OZ	160 150 160 140 160 6 25 22 81	6 6 5 4.5 6 0 0 0	Na Na Na Na O O O O Na	2 2 2 1.5 2 0 0 0 0	0 <1 0 2 0 0 1 2 3 0 0	12 10 11 9 11 0 1 2 6	Na Na Na Na O O O O	4 4 4 4 4 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 ++
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole, smoked	V4 C V4 C V4 C V4 C V4 C V4 C 1 OZ V2 C 1 C 1 C	160 150 160 140 160 6 25 22 81	6 6 5 4.5 6 0 0	Na Na Na Na Na O O O	2 2 2 1.5 2 0 0 0	0 <1 0 2 0 0 1 2 3	12 10 11 9 11 0 1 2 6	Na Na Na Na O O O	4 4 4 4 4 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0 +++
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole, smoked  MUSTARD	V4 C V4 C V4 C V4 C V4 C V4 C 1 OZ V2 C 1 C 1 C 3 OZ	160 150 160 140 160 6 25 22 81	6 6 5 4.5 6 0 0 0	Na Na Na Na O O O O Na	2 2 2 1.5 2 0 0 0 0	0 <1 0 2 0 0 1 2 3 0 0	12 10 11 9 11 0 1 2 6	Na Na Na Na O O O O	4 4 4 4 4 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 ++
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole, smoked MUSTARD Grey Poupon, country Dijon Grey Poupon, honey mustard Yellow, prepared	V4 c V4 c V4 c V4 c V4 c V4 c 1 oz V2 c 1 c 1 c 1 c 2 oz 2 oz 1 tsp	160 150 160 140 160 6 25 22 81 146 4	6 6 5 4.5 6 0 0 0 0 4 Na	Na Na Na Na O O O O Na	2 2 2 1.5 2 0 0 0 0 0	0 <1 0 2 0 0 1 2 3 0 0 0 0	12 10 11 9 11 0 1 2 6	Na Na Na Na O O O O O	4 4 4 4 4 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 +++
Apple cinnamon, mix Banana nut, mix Blueberry, mix Bran, mix Raspberry, mix  MUSHROOMS Brown or Italian, raw Green Giant, canned, whole or slices Portobello, raw, diced Shiitake, cooked, no salt  MUSSELS Blue, cooked Gold seal, in cottonseed oil, whole, smoked  MUSTARD Grey Poupon, country Dijon Grey Poupon, honey mustard	V4 c V4 c V4 c V4 c V4 c V4 c 1 oz V2 c 1 c 1 c 2 oz 2 oz 1 tsp 1 tsp	160 150 160 140 160 6 25 22 81 146 4	6 6 5 4.5 6 0 0 0 0 4 Na	Na Na Na Na Na O O O O Na 1.5	2 2 2 1.5 2 0 0 0 0 0	0 <1 0 2 0 0 1 2 3 0 0 0 0 0 0	12 10 11 9 11 0 1 2 6	Na Na Na Na O O O O O	4 4 4 4 4 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 ++ ++

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
NECTARINE, 2.5" diameter	1	60	0	0	0	2	11	204	0	12	0
NOODLES (dry)											
Egg, cooked, enriched	1 c	212	2	0.5	0.5	2	0	0	1	0	+
Egg, spinach, cooked, enriched	1 c	211	3	0.5	1	4	1	81	3	0	+
Japanese, soba, cooked	1 c	112	0	0	0	0	0	0	0	0	0
OCEAN PERCH, Atlantic, broiled	3 oz	103	2	0.5	0	0	0	0	11	1	+
OILS											
Almond	1 tbs	120	13	9	1	0	0	0	0	0	0
Canola	1 tbs	120	14	9	1	0	0	0	0	0	0
Corn	1 tbs	120	14	4	2	0	0	0	0	0	0
Corn & canola (Mazola Right Blend)	1 tbs	120	14	8	1	0	0	0	0	0	0
Olive	1 tbs	120	14	10	2	0	0	0	0	0	0
Sesame	1 tbs	120	14	5	2	0	0	0	0	0	0
Soybean	1 tbs	120	13	9	2	0	0	0	0	0	0
OLIVES											
Lindsay, black, large	4	25	2.5	1.5	0	0	0	36*	0	0	0
Lindsay, green, medium	5	25	2.5	1.5	0	0	0	40*	ō	0	0
Lindsay, green, slices w/pimentos	2 tbs	25	2.5	1.5	0	0	0	40*	0	0	0
Lindsay, kalamata	3	25	2.5	2	0	0	0	36*	0	0	0
ONIONS			2.0	_	-						
Fresh, chopped, yellow or red	1 c	67	0	0	0	2	7	1.6	3	17	0
Fresh, tops and bulbs (scallions)	1 c	32	0	0	0	3	2	598	7	31	0
Nathans, frozen, rings	6 pcs	200	10	Na	4	1	5	Na	ó	4	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
ORANGES											
Fresh, California, 2 5/8" dia.	1	59	0	0	0	3	0	0	4	97	0
Fresh, Florida, 2 5/8" dia.	1	65	0	o	0	3	13	100	6	105	0
Mandarin, canned (Dole)	1/2 C	80	0	ō	0	1	18	Na	ō	35	0
ORANGE JUICE/BEVERAGE											
Cascadian Farm, frozen, organic	8 oz	110	0	0	0	0	26	Na	0	130	0
Minute Maid, country style, carton	8 oz	110	0	0	0	0	24	Na	2	120	+
Minute Maid, homestyle w/calcium & vit. D	8 oz	110	0	ō	0	0	24	Na	35	120	+
Minute Maid, orange passion, carton	8 oz	130	0	ō	0	0	29	Na	35	120	+
Tang, prep.	8 oz	90	0	0	0	0	23	0	9	100	0
Tang, orange pineapple, prep.						_	24	•	-		0
	8 oz	100	0	0	0	0	24	0	6	100	
	8 oz 8 oz		0	0	-	-	24 22	-	6 35		
Tropicana, calcium & vitamin D	8 oz 8 oz	100 110	0	0	0	0	22	Na	6 35	100 120	+
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy	8 oz	110	0	0	0	0	22	Na	35	120	+
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium	8 oz 8 oz	110	0	0	0	0	22 10	Na Na	35 20	120	+
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber	8 oz 8 oz 8 oz	110 50 120	0 0	0 0	0	0 0 3	22 10 22	Na Na Na	35 20 2	120 120 120	+ + +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp	8 oz 8 oz	110	0	0	0	0	22 10	Na Na	35 20	120	+
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS	8 oz 8 oz 8 oz 8 oz	50 120 110	0 0 0	0 0 0	0 0 0	0 0 3 0	22 10 22 22	Na Na Na Na	35 20 2 2	120 120 120 120	+ + + +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned	8 oz 8 oz 8 oz 8 oz 3 oz	50 120 110 58	0 0 0 0	0 0 0 0	0 0 0 0	0 0 3 0	10 22 22 22	Na Na Na Na	35 20 2 2 2	120 120 120 120 120	+ + + + +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned Eastern, raw, wild	8 oz 8 oz 8 oz 8 oz 3 oz 1 c	50 120 110 58 169	0 0 0 0	0 0 0 0 Na 1	0 0 0 0	0 0 3 0 0 0 0	22 10 22 22 22 0 0	Na Na Na Na O O	35 20 2 2 2	120 120 120 120 120	+ + + + + + + + + + + + + + + + + + + +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned Eastern, raw, wild Pacific, raw	8 oz 8 oz 8 oz 8 oz 3 oz	50 120 110 58	0 0 0 0	0 0 0 0	0 0 0 0	0 0 3 0	10 22 22 22	Na Na Na Na	35 20 2 2 2	120 120 120 120 120	+ + + + +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned Eastern, raw, wild Pacific, raw PANCAKE/WAFFLE (mix, unprep.)	8 oz 8 oz 8 oz 8 oz 1 c 3 oz	50 120 110 58 169 69	0 0 0 0	0 0 0 Na 1 Na	0 0 0 0	0 0 3 0 0 0 0 0	22 10 22 22 22 0 0	Na Na Na Na O O	35 20 2 2 2 3 11 0	120 120 120 120 120	+ + + + + + +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned Eastern, raw, wild Pacific, raw PANCAKE/WAFFLE (mix, unprep.) Aunt Jemima, buckwheat	8 o z 8 o z 8 o z 8 o z 3 o z 1 c 3 o z	50 120 110 58 169 69	0 0 0 0 2 6 2	0 0 0 0 Na 1 Na	0 0 0 0 0	0 0 3 0 0 0 0 0 0 3	22 10 22 22 22 0 0 0	Na Na Na Na O O O	35 20 2 2 2 3 11 0	120 120 120 120 120 7 15 11	+ + + + + 0
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned Eastern, raw, wild Pacific, raw PANCAKE/WAFFLE (mix, unprep.) Aunt Jemima, buckwheat Aunt Jemima, buttermilk complete	8 oz 8 oz 8 oz 8 oz 1 c 3 oz 1 c 3 oz	50 120 110 58 169 69 100 160	0 0 0 0 2 6 2	O O O Na 1 Na Na	0 0 0 0 1 2 0	0 0 3 0 0 0 0	22 10 22 22 22 0 0 0	Na Na Na Na O O O O	35 20 2 2 2 3 11 0	120 120 120 120 120 7 15 11	+ + + + + + 0 +
Tropicana, calcium & vitamin D Tropicana, Essentials Light 'n Healthy w/calcium Tropicana, Essentials Fiber Tropicana, original, no pulp OYSTERS Canned Eastern, raw, wild Pacific, raw PANCAKE/WAFFLE (mix, unprep.) Aunt Jemima, buckwheat	8 o z 8 o z 8 o z 8 o z 3 o z 1 c 3 o z	50 120 110 58 169 69	0 0 0 0 2 6 2	0 0 0 0 Na 1 Na	0 0 0 0 0	0 0 3 0 0 0 0 0 0 3	22 10 22 22 22 0 0 0	Na Na Na Na O O O	35 20 2 2 2 3 11 0	120 120 120 120 120 7 15 11	+ + + + + + 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Aunt Jemima, original complete	1/s c	160	1.5	Na	0	1	6	0	15	0	+
Aunt Jemima, whole wheat	1/4 C	120	0.5	Na	0	3	4	0	6	0	+
Hungry Jack, buttermilk	1/3 C	150	1.5	Na	0	<1	5	0	15	0	0
Hungry Jack, extra light & fluffy	1/s <b>c</b>	150	1.5	Na	0	<1	4	0	15	0	0
Hungry Jack, original	1/s <b>c</b>	150	1.5	Na	0	<1	7	0	0	0	0
PANCAKE/WAFFLE (frozen)											
Aunt Jemima mini pancakes, strawberry	13	240	4	Na	1	1	6	0	10	0	+
Eggo, buttermilk pancakes	3	280	9	Na	1.5	1	11	0	4	0	+
Eggo, buttermilk waffles	2	180	6	Na	2	1	2	0	10	0	+
Eggo, chocolate chip waffles	2	210	7	Na	2.5	1	9	0	10	0	+
Eggo, Choco-'Nilla Flip-Flop waffles	2	190	7	Na	2	<1	7	0	10	0	+
Eggo, Special K waffles Pillsbury	2	190	1	0	0	1	5	0	15	0	++
Blueberry pancakes	3	230	3.5	Na	0.5	2	14	Na	10	0	+
Buttermilk pancakes	3	240	4	Na	2	2	13	Na	10	0	+
Mini buttermilk pancakes	11	250	7	Na	3	<1	11	Na	8	0	+
Original pancakes	3	250	4	Na	2	2	14	Na	10	0	+
Waffles, blueberry	2	180	5	Na	3	1	6	Na	0	0	+
Waffles, buttermilk	2	170	5	3	Na	1	4	Na	0	0	+
Waffles, homestyle	2	170	5	3	Na	1	4	Na	0	0	+
PANCAKE SYRUP											
Aunt Jemima, butter lite	1/4 C	100	0	0	0	1	25	0	0	0	0
Aunt Jemima, butter rich	V4 C	210	0	0	0	0	29	0	0	0	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Aunt Jemima, lite	1/4 C	100	0	0	0	1	25	0	0	0	0
Aunt Jemima, original	1/4 C	210	0	0	0	1	32	0	0	0	0
PAPAYA											
Fresh, cubed	1 c	55	0	0	0	3	8	386	3	144	0
Nectar (Knudsen)	8 oz	140	0	0	0	0	31	Na	2	25	0
Nectar, creamed (Knudsen)	8 oz	40	0	0	0	2	8	Na	0	60	0
PARSNIPS, fresh, cooked, no salt	¹/₂ C	55	0	0	0	3	4	0	2	16	0
DACTA (based of court)				-							
PASTA (bowls/boxed)					•						
Betty Crocker					·						
, ,					·						
Betty Crocker	1	330	11	Na	6.5	2	7	0	10	0	+
Betty Crocker Bowl Appetit, cheddar, broccoli,	1	330 260	11	Na Na		2 2	3	0	10 2	0	+++
Betty Crocker  Bowl Appetit, cheddar, broccoli, pasta bowl	-				6.5			-		-	
Betty Crocker  Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl	1	260	6	Na	6.5	2	3	0	2	0	+
Betty Crocker  Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl	1	260 320	6	Na Na	6.5 3 5.5	2	3 5	0	2 10	0	+
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix	1 1	260 320 360 360 160	6 9 11	Na Na Na Na Na	6.5 3 5.5 7.5 6.5 3.5	2 1 1 0	3 5 10 12 3	0 0 0 0 Na	2 10 15 15 4	0 0 0 0	++++
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix Suddenly Pasta Salad, Caesar, mix	1 1 1	260 320 360 360	6 9 11 10	Na Na Na Na	6.5 3 5.5 7.5 6.5	2 1 1 0	3 5 10 12 3 4	0 0 0	2 10 15	0 0 0 0 0 0	+ + + + +
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix	1 1 1 1 1 <sup>2</sup> / <sub>5</sub> c	260 320 360 360 160	6 9 11 10 5	Na Na Na Na Na	6.5 3 5.5 7.5 6.5 3.5	2 1 1 0	3 5 10 12 3	0 0 0 0 Na	2 10 15 15 4	0 0 0 0	+ + + +
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix Suddenly Pasta Salad, Caesar, mix	1 1 1 1 2/3 C 1/2 C	260 320 360 360 160 170	6 9 11 10 5	Na Na Na Na Na O	6.5 3 5.5 7.5 6.5 3.5 0	2 1 1 0 1	3 5 10 12 3 4	0 0 0 0 Na Na	2 10 15 15 4 2	0 0 0 0 0 0	+ + + + +
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix Suddenly Pasta Salad, Caesar, mix Suddenly Pasta Salad, classic, mix	1 1 1 1 2/3 C 1/2 C 2/3 C	260 320 360 360 160 170 180	6 9 11 10 5 1	Na Na Na Na Na O O	6.5 3 5.5 7.5 6.5 3.5 0	2 1 1 0 1 1 2	3 5 10 12 3 4 5	0 0 0 0 Na Na Na	2 10 15 15 4 2	0 0 0 0 0 0 0	+ + + + + +
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix Suddenly Pasta Salad, Caesar, mix Suddenly Pasta Salad, classic, mix Suddenly Pasta Salad, ranch & bacon, mix	1 1 1 1 1 2/3 C 1/2 C 2/3 C 1/2 C	260 320 360 360 160 170 180	6 9 11 10 5 1 1	Na Na Na Na Na O O	6.5 3 5.5 7.5 6.5 3.5 0	2 1 0 1 1 2	3 5 10 12 3 4 5	O O O O Na Na Na Na	2 10 15 15 4 2 4 2	0 0 0 0 0 0 0 0	+ + + + + +
Betty Crocker Bowl Appetit, cheddar, broccoli, pasta bowl Bowl Appetit, chicken pasta bowl Bowl Appetit, garlic parmesan bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, pasta alfredo bowl Bowl Appetit, three-cheese rotini bowl Chicken Helper, four cheese, mix Suddenly Pasta Salad, Caesar, mix Suddenly Pasta Salad, classic, mix Suddenly Pasta Salad, ranch & bacon, mix Tuna Helper, cheesy pasta, mix	1 1 1 1 2/3 c 1/2 c 2/3 c 1/2 c 1/2 c	260 320 360 360 160 170 180 160	6 9 11 10 5 1 1 1.5	Na Na Na Na Na O O O	6.5 3 5.5 7.5 6.5 3.5 0 0	2 1 1 0 1 1 2 1	3 5 10 12 3 4 5 3	O O O O Na Na Na Na Na	2 10 15 15 4 2 4 2	0 0 0 0 0 0 0 0 0	+ + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Canned											
Chef Boyardee Beefaroni	1 c	236	7	3	3.5	1	5	0	3	0	0
Chef Boyardee mini beef ravioli meat sauce	1 c	240	8	3	3.5	2.5	5	0	3	0	0
Chef Boyardee beef ravioli, meat/tomato	1 c	224	6.5	3	3	1	5	0	3	0	0
Chef Boyardee spaghetti w/meatballs	1 c	257	10	4	4.5	3.5	7.5	0	3	0	0
SpaghettiOs	1 c	180	1	Na	05	3	13	Na	2	0	+
SpaghettiOs, A to Z w/meatballs	1 c	260	9	Na	4	3	12	Na	15	10	+
SpaghettiOs, A to Z, w/sliced franks	1 c	230	10	Na	5	5	9	Na	15	10	+
SpaghettiOs, w/meatballs	1 c	240	8	Na	3.5	4	10	Na	15	10	+
SpaghettiOs plus calcium	1 c	170	1	Na	0.5	3	13	Na	30	10	+
Dry											
Corn, angel hair (Westbrae)	2 oz	210	1.5	0	0	0	0	0	0	0	0
Durum wheat, various brands	2 oz	210	1	0	0	1	1	0	1	0	+
Kamut, organic (Eden Foods)	2 oz	210	1.5	0.5	0.5	6	2	Na	2	0	+
Rye, organic (Eden Foods)	2 oz	200	0	0	0	8	1	Na	2	2	+
Spinach spaghetti (Westbrae)	2 oz	180	2	0	0	8	1	Na	2	0	+
Spelt ziti (Eden Foods)	2 oz	210	2	Na	0	5	1	Na	0	0	+
Whole wheat lasagna (Westbrae)	2 oz	180	1.5	Na	0	7	1	Na	0	0	+
Whole wheat spaghetti (Westbrae)	2 oz	200	1.5	Na	0	9	1	Na	0	0	+
Refrigerated											
Angel hair pasta	1 c	230	2.5	Na	1	2	1	4	2	0	Na
Linguine	1 ⅓ c	240	2.5	Na	1	2	1	Na	2	0	Na
Ravioli, classic beef	1⅓ c	350	10	Na	3	3	4	Na	6	0	Na
Ravioli, four cheese	1∜s <b>c</b>	330	10	Na	6	3	3	Na	15	0	Na
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Tortelloni, cheese & roasted garlic		270					(mg)				
Tortelloni, cheese & roasted garlic Tortelloni, mozzarella & pepperoni	Size		(g)	Fats (g)	Fats (g)	(g)		carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Tortelloni, mozzarella & pepperoni	Size 1 C	270	(g) 8	Fats (g) Na	Fats (g) 4	(g) 2	3	carotene (mcg) Na	( <b>%DV</b> )	(% <b>DV</b> )	(0,+,++) Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese	1 c 1 c	270 330	(g) 8 10	Fats (g) Na Na	Fats (g) 4 4.5	(g) 2 3	3	carotene (mcg) Na Na	(% <b>DV</b> ) 15 15	( <b>%DV</b> ) 0 0	(0,+,++) Na Na
Tortelloni, mozzarella & pepperoni	1 c 1 c 1 c	270 330 320	(g) 8 10 7	Fats (g) Na Na Na	4 4.5 3.5	(g) 2 3 3	3 3 4	Na Na Na Na	15 15 20	(% <b>DV</b> ) 0 0 0	(0,+,++) Na Na Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese	1 c 1 c 1 c 1 c	270 330 320 330	(g) 8 10 7 10	Fats (g) Na Na Na Na	4 4.5 3.5 3	(g) 2 3 3 3	3 3 4 6	Na Na Na Na Na Na	(% <b>DV</b> ) 15 15 20 4	(% <b>DV</b> ) 0 0 0 0	(0,+,++) Na Na Na Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese	1 c 1 c 1 c 1 c	270 330 320 330	(g) 8 10 7 10	Fats (g) Na Na Na Na	4 4.5 3.5 3	(g) 2 3 3 3	3 3 4 6	Na Na Na Na Na Na	(% <b>DV</b> ) 15 15 20 4	(% <b>DV</b> ) 0 0 0 0	(0,+,++) Na Na Na Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE	1 c 1 c 1 c 1 c	270 330 320 330	(g) 8 10 7 10	Fats (g) Na Na Na Na	4 4.5 3.5 3	(g) 2 3 3 3	3 3 4 6 4	Na Na Na Na Na Na	(% <b>DV</b> ) 15 15 20 4	(% <b>DV</b> ) 0 0 0 0	(0,+,++) Na Na Na Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo	1 c 1 c 1 c 1 c 1 c	270 330 320 330 330	(g) 8 10 7 10 7	Na Na Na Na Na Na Na	4 4.5 3.5 3 3.5	(g) 2 3 3 3 3	3 3 4 6	Na Na Na Na Na Na Na	(%DV)  15 15 20 4 15	0 0 0 0 0	Na Na Na Na Na Na Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni	lc lc lc lc lc	270 330 320 330 330 330	(g) 8 10 7 10 7	Na Na Na Na Na Na Na	Fats (g)  4 4.5 3.5 3 3.5 7	(g) 2 3 3 3 3 3 0 0	3 3 4 6 4	Na Na Na Na Na Na Na Na	(%DV)  15 15 20 4 15	0 0 0 0 0 0	Na Na Na Na Na Na Na
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo Light Alfredo	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	270 330 320 330 330 330	(g) 8 10 7 10 7	Na Na Na Na Na Na Na Na	Fats (g)  4  4.5  3.5  3  3.5  7  3.5	(g) 2 3 3 3 3 0	3 3 4 6 4	Na Na Na Na Na Na Na Na	(%DV)  15 15 20 4 15 10 10	0 0 0 0 0	(0,+,++) Na Na Na Na Na Na Na O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE  Buitoni Alfredo Light Alfredo Marinara Pesto w/basil	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	270 330 320 330 330 330 130 90 70 300	(g) 8 10 7 10 7	Na Na Na Na Na Na Na Na Na Na	7 3.5 7 3.5 0.5 5	(g) 2 3 3 3 3 3 0 0 2 2	3 3 4 6 4	Na Na Na Na Na Na Na Na Na Na	15 15 20 4 15 10 10 6 15	0 0 0 0 0 0 0	(0,+,++) Na Na Na Na Na Na Na O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE  Buitoni  Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan	1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c	270 330 320 330 330 330	(g) 8 10 7 10 7	Na Na Na Na Na Na Na Na	4 4.5 3.5 3 3.5 7 7 3.5 0.5	(g) 2 3 3 3 3 3 0 0	3 3 4 6 4	Na Na Na Na Na Na Na Na Na	(%DV)  15 15 20 4 15 10 10 6	0 0 0 0 0 0	0.+.++) Na Na Na Na Na Na Na O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE  Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan  Classico	1 c   1 c	270 330 320 330 330 330 130 90 70 300 130	(g) 8 10 7 10 7	Na Na Na Na Na Na Na Na Na Na Na Na Na	7 3.5 0.5 5 2.5	(g) 2 3 3 3 3 3 0 0 2 2 2	3 3 4 6 4 2 1 7 4 7	Na Na Na Na Na Na Na Na Na Na Na	15 15 15 20 4 15 10 10 6 15	0 0 0 0 0 0 0	0.+.++) Na Na Na Na Na Na Na O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo	1 c   1 c	270 330 320 330 330 330 130 90 70 300 130	(g) 8 10 7 10 7 11 6 3 28 8	Na Na Na Na Na Na Na Na Na Na Na Na Na N	7 3.5 3.5 3.5 7 3.5 0.5 5 2.5	(g) 2 3 3 3 3 3 0 0 0 2 2 2 2	3 3 4 6 4 2 1 7 4 7	Na Na Na Na Na Na Na Na Na Na Na Na	15 15 15 20 4 15 10 10 6 15 10	0 0 0 0 0 0 0 0 0	0.+.++) Na Na Na Na Na Na Na O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto	1 c   1 c	270 330 320 330 330 330 130 90 70 300 130	(g) 8 10 7 10 7 11 6 3 28 8 11 21	Na Na Na Na Na Na Na Na Na Na Na Na Na	7 3.5 3.5 3.5 3.5 5 2.5 5 3.5	(g) 2 3 3 3 3 3 0 0 0 2 2 2 2	3 3 4 6 4 2 1 7 4 7	Na Na Na Na Na Na Na Na Na Na Na Na Na	15 15 20 4 15 10 10 6 15 10 4 6	0 0 0 0 0 0 0 0 2 6 2	0.+,++) Na Na Na Na Na Na Na O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto Florentine spinach & cheese	1 c   1 c	270 330 320 330 330 330 130 90 70 300 130 120 230 80	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5	Na Na Na Na Na Na Na Na Na Na Na Na Na N	7 3.5 3.5 3.5 3.5 5 2.5 5 1	(g) 2 3 3 3 3 3 0 0 0 2 2 2 2	3 3 4 6 4 2 1 7 4 7	Na N	15 15 20 4 15 10 10 6 15 10 4 6 6	0 0 0 0 0 0 0 0 2 6 2 0 0	0.+,++) Na Na Na Na Na Na O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion	Size	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2	Na Na Na Na Na Na Na Na Na Na Na Na Na N	7 3.5 3.5 3.5 3.5 5 2.5 5 1 1	(g) 2 3 3 3 3 3 0 0 0 2 2 2 2 2	3 3 4 6 4 2 1 7 4 7 1 2 5 8	Na Na Na Na Na Na Na Na Na Na Na Na Na	15 15 20 4 15 10 10 6 15 10 4 6 6 6	0 0 0 0 0 0 0 0 2 6 2 0 0	0.+,++) Na Na Na Na Na Na O O O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion Roasted garlic	Size	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90 60	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2	Na N	7 3.5 0.5 5 2.5 5 3 1 1 0	(g) 2 3 3 3 3 3 0 0 2 2 2 2 2	3 3 4 6 4 2 1 7 4 7	Na N	15 15 15 20 4 15 10 10 6 15 10 4 6 6 6 6 6	0 0 0 0 0 0 0 0 2 6 2 0 0 40 10 8	0.+,++) Na Na Na Na Na Na O O O O O O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion Roasted garlic Tomato & basil	Size	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2	Na Na Na Na Na Na Na Na Na Na Na Na Na N	7 3.5 3.5 3.5 3.5 5 2.5 5 1 1	(g) 2 3 3 3 3 3 0 0 0 2 2 2 2 2	3 3 4 6 4 2 1 7 4 7 1 2 5 8	Na Na Na Na Na Na Na Na Na Na Na Na Na	15 15 20 4 15 10 10 6 15 10 4 6 6 6	0 0 0 0 0 0 0 0 2 6 2 0 0	0.+,++) Na Na Na Na Na Na O O O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion Roasted garlic Tomato & basil Del Monte	1 c   1	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90 60 60	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2	Na N	7 3.5 0.5 5 2.5 5 3 1 1 0 0 0	0 0 0 2 2 2 2 2 2 2 2	3 3 4 6 4 2 1 7 4 7 1 2 5 8 8 6	Na Na Na Na Na Na Na Na Na Na Na Na Na N	15 15 15 20 4 15 10 10 6 15 10 4 6 6 6 6 6	0 0 0 0 0 0 0 0 2 6 2 0 0 0 0 0 0 0 0 0	0.+,++) Na Na Na Na Na Na O O O O O O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion Roasted garlic Tomato & basil Del Monte Italian herb chunky	1 c   1	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90 60 60	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2 1	Na N	7 3.5 0.5 5 2.5 5 3 1 1 0 0 0 0	0 0 0 2 2 2 2 2 2 2 <1	3 3 4 6 4 2 1 7 4 7 1 2 5 8 8 6	Na N	15 15 15 20 4 15 10 10 6 15 10 4 6 6 6 6 6 6	0 0 0 0 0 0 0 0 0 2 6 2 0 0 40 10 8 10	0.+,++) Na Na Na Na Na Na O O O O O O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE  Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan  Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion Roasted garlic Tomato & basil  Del Monte Italian herb chunky Spaghetti sauce w/four cheeses	Size	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90 60 60	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2 1 1	Na N	7 3.5 0.5 5 2.5 5 3 1 1 0 0 0 0 0 0 0	0 0 0 2 2 2 2 2 2 2 2 2 3 3 3 3 3 3 3 3	3 3 4 6 4 7 1 7 4 7 1 2 5 8 8 6	Na N	15 15 15 20 4 15 10 10 6 15 10 4 6 6 6 6 6 6	0 0 0 0 0 0 0 0 2 6 2 0 0 40 10 8 10	0.+,++) Na Na Na Na Na Na O O O O O O O O O O O
Tortelloni, mozzarella & pepperoni Tortellini, spinach cheese Tortellini, sweet Italian sausage Tortellini, three cheese  PASTA SAUCE  Buitoni Alfredo Light Alfredo Marinara Pesto w/basil Tomato herb parmesan  Classico Alfredo Basil pesto Florentine spinach & cheese Italian sausage w/pepper & onion Roasted garlic Tomato & basil  Del Monte Italian herb chunky	1 c   1	270 330 320 330 330 330 130 90 70 300 130 120 230 80 90 60 60	(g) 8 10 7 10 7 11 6 3 28 8 11 21 5 2 1	Na N	7 3.5 0.5 5 2.5 5 3 1 1 0 0 0 0	0 0 0 2 2 2 2 2 2 2 <1	3 3 4 6 4 2 1 7 4 7 1 2 5 8 8 6	Na N	15 15 15 20 4 15 10 10 6 15 10 4 6 6 6 6 6 6	0 0 0 0 0 0 0 0 0 2 6 2 0 0 40 10 8 10	0.+,++) Na Na Na Na Na Na O O O O O O O O O O O

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Eden Foods											
Pizza pasta sauce, organic	⅓2 <b>C</b>	65	2.5	Na	0	5	4	Na	4	20	0
Spaghetti sauce, organic	1/2 C	80	2.5	Na	0	3	6	Na	8	20	0
Hunts											
Four cheese	1/2 C	50	1	0	0	3	7	Na	4	15	0
Meat	1/2 C	60	1	0	0	0	7	Na	2	15	0
Mushroom	1/2 C	50	1	0	0	3	7	Na	2	15	0
Muir Glen Organic											
Fire roasted tomato	1/2 C	70	2	Na	0	2	3	Na	4	35	0
Four cheese	1/2 C	80	2.5	Na	1	2	3	Na	6	15	0
Garden vegetable	1/2 C	60	1	Na	0	2	4	Na	2	15	0
Mushroom marinara	1/2 C	50	0	0	0	2	4	Na	2	10	0
Tomato basil	⅓ <b>c</b>	60	1	Na	0	2	4	Na	2	10	0
Newman's Own											
Bombolina	1/2 C	90	4.5	Na	0.5	<1	12	Na	2	0	0
Five cheese	1/2 <b>C</b>	80	3	Na	1.5	<1	0	Na	0	0	0
Italian sausage & pepper	1/2 C	90	4	Na	1	<1	9	Na	4	0	0
Marinara	1/2 C	70	2	Na	0	<1	11	Na	4	0	0
Pesto & tomato	1/2 C	80	4	Na	0.5	<1	9	Na	8	0	0
Prego											
Basil, tomato & garlic	1/2 C	90	2	Na	0.5	3	11	Na	2	2	0
Fresh mushroom	1/2 C	110	3.5	Na	1	3	11	Na	2	4	0
Italian sausage & garlic	1/2 C	120	5	Na	1.5	3	10	Na	2	2	0
Roasted garlic parmesan	⅓ <b>c</b>	100	1	0	0.5	3	13	Na	4	2	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
PASTRAMI											
Beef, 98% fat free	2 oz	54	1	0	0	0	0	0	0	32	+
Carl Buddig, beef, chopped, pressed	2 oz	80	4	ō	2	0	0	0	0	0	ó
Turkey	1 oz	67	2	1	1	0	2	1	0	4	0
PASTRY-Toaster			-				_				
Kellogg's Pop Tarts											
Apple cinnamon	1	210	6	3	2	<1	17	Na	0	0	+
Blueberry	i		-								
		210	6	3		<1	16	Na	0	0	-
	i	210 200	6	3 Na	2	<1 <1	16 18	Na Na	0	0	+
Chocolate chip cookie dough	i	200	6	Na	2	<1	18	Na	0	0	+
Chocolate chip cookie dough French toast	-	200 220	6 8	Na Na	2 2 2.5		18 15	Na Na	_	0	++
Chocolate chip cookie dough French toast Frosted cherry	1 1 1	200 220 200	6 8 5	Na Na 3	2 2 2.5 1.5	<1 <1 4	18 15 17	Na Na Na	0 0 0	0	+++++
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge	1	200 220 200 200	6 8 5 5	Na Na 3 2.5	2 2.5 1.5 1.5	<1 <1 4 <1	18 15 17 20	Na Na Na Na	0 0 0 2	0 0 0	+ + +
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème	1 1 1 1	200 220 200 200 200	6 8 5 5	Na Na 3 2.5 Na	2 2.5 1.5 1.5	<1 <1 4 <1 <1	18 15 17 20 19	Na Na Na Na Na	0 0 0 2 0	0 0 0 0	+ + + +
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry	1 1 1 1 1 1 1	200 220 200 200 200 200 210	6 8 5 5 5	Na Na 3 2.5 Na 3	2 2 2.5 1.5 1.5 2 1.5	<1 <1 4 <1 <1 <1	18 15 17 20 19	Na Na Na Na Na Na	0 0 0 2 0	0 0 0 0 0	+ + + + +
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon	1 1 1 1 1 1 1 1	200 220 200 200 200 210 190	6 8 5 5 5 5	Na Na 3 2.5 Na 3 1.5	2 2.5 1.5 1.5 2 1.5	<1 <1 4 <1 <1 <1 <1	18 15 17 20 19 19	Na Na Na Na Na Na Na	0 0 0 2 0 0	0 0 0 0 0	+ + + + + +
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry	1 1 1 1 1 1 1	200 220 200 200 200 200 210	6 8 5 5 5	Na Na 3 2.5 Na 3	2 2 2.5 1.5 1.5 2 1.5	<1 <1 4 <1 <1 <1	18 15 17 20 19	Na Na Na Na Na Na	0 0 0 2 0	0 0 0 0 0	+ + + + +
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry Pillsbury Toaster Strudel	1 1 1 1 1 1 1	200 220 200 200 200 200 210 190	6 8 5 5 5 5 3	Na Na 3 2.5 Na 3 1.5	2 2.5 1.5 1.5 2 1.5 1	<1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	18 15 17 20 19 19 19	Na Na Na Na Na Na Na Na	0 0 0 2 0 0 0	0 0 0 0 0 0 0 0	+ + + + + + +
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry Pillsbury Toaster Strudel Apple	1 1 1 1 1 1 1 1 1 1 1 1 1	200 220 200 200 200 210 190 190	6 8 5 5 5 5 3 3	Na Na 3 2.5 Na 3 1.5 1.5	2 2 2.5 1.5 1.5 2 1.5 1 1	<1 4 <1 <1 <1 <1 <1	18 15 17 20 19 19 19 20	Na Na Na Na Na Na Na Na	0 0 0 2 0 0 0	0 0 0 0 0 0 0 0	+ + + + + + + Na
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry Pillsbury Toaster Strudel Apple Blueberry	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	200 220 200 200 200 210 190 190	6 8 5 5 5 5 3 3	Na Na 3 2.5 Na 3 1.5 1.5 Na Na	2 2 2.5 1.5 1.5 2 1.5 1 1 4.5 4.5	4 4	18 15 17 20 19 19 19 20	Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + Na
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry Pillsbury Toaster Strudel Apple Blueberry Chocolate fudge	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	200 220 200 200 200 210 190 190 190 190 210	6 8 5 5 5 5 3 3 9 9	Na Na 3 2.5 Na 3 1.5 1.5 Na Na Na	2 2 2.5 1.5 1.5 2 1.5 1 1 4.5 4.5 5.5	4 4 4 4 4 4 7 8	18 15 17 20 19 19 19 20 9	Na Na Na Na Na Na Na Na Na Na	0 0 0 2 0 0 0 0	0 0 0 0 0 0 0	+ + + + + + + Na Na
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry Pillsbury Toaster Strudel Apple Blueberry Chocolate fudge Cream cheese & raspberry		200 220 200 200 200 210 190 190 190 210 200	6 8 5 5 5 5 3 3 9 9 10	Na Na 3 2.5 Na 3 1.5 1.5 Na Na Na Na	2 2 2.5 1.5 1.5 2 1.5 1 1 4.5 4.5 5.5 5.5	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	18 15 17 20 19 19 19 20 9 9	Na Na Na Na Na Na Na Na Na Na	0 0 0 2 0 0 0 0	0 0 0 0 0 0 0	+ + + + + + Na Na Na Na
Chocolate chip cookie dough French toast Frosted cherry Frosted chocolate fudge Frosted cookies & crème Frosted raspberry Low-fat frosted brown sugar cinnamon Low-fat frosted strawberry Pillsbury Toaster Strudel Apple Blueberry Chocolate fudge	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	200 220 200 200 200 210 190 190 190 190 210	6 8 5 5 5 5 3 3 9 9	Na Na 3 2.5 Na 3 1.5 1.5 Na Na Na	2 2 2.5 1.5 1.5 2 1.5 1 1 4.5 4.5 5.5	4 4 4 4 4 4 7 8	18 15 17 20 19 19 19 20 9	Na Na Na Na Na Na Na Na Na Na	0 0 0 2 0 0 0 0	0 0 0 0 0 0 0	+ + + + + + + Na Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
PEACHES, fresh raw, 2.5" diameter	1	38	0	0	0	1	8	158	0	10	0
Canned											
Del Monte, carb clever, sliced	1/2 C	30	0	0	0	1	6	Na	0	80	0
Del Monte, freestone slices	⅓2 <b>C</b>	100	0	0	0	1	23	Na	0	2	0
Del Monte fruit naturals, chunks	1/2 C	70	0	0	0	<1	16	Na	0	100	0
Del Monte harvest spice, sliced	1/2 €	80	0	0	0	<1	20	Na	0	6	0
S&W, halves	√2 <b>C</b>	70	0	0	0	1	16	Na	0	2	0
S&W, natural style	1/2 C	80	0	0	0	1	18	Na	0	2	0
S&W snow peaches	1/2 C	80	0	0	0	1	19	Na	0	100	0
Dried, sulfured, halves	1 c	382	2	0.5	0	13	67	1718	4	12	+
Frozen, Cascadian Farm, sliced, organic Juice, Nectar	1 c	50	0	0	0	2	12	Na	0	210	0
Knudsen	8 oz	130	0	0	0	0	28	Na	2	0	Na
Santa Cruz, organic	8 oz	120	0	0	0	0	29	Na	0	0	0
PEANUT BUTTER											
Jif, creamy	2 tbs	190	16	7.5*	3	2	3	0	0	0	0
Jif, creamy & honey	2 tbs	190	15	7.5	2.5	2	7	0	0	0	0
Jif, reduced fat	2 tbs	190	12	Na	2.5	1	4	0	0	0	0
Maranatha organic, creamy & roasted	2 tbs	190	16	Na	2	3	1	0	2	0	0
Maranatha organic, crunchy	2 tbs	190	16	Na	2	3	1	0	2	0	0
Skippy, honey roasted creamy	2 tbs	190	17	Na	3.5	2	3	0	0	0	0
Skippy, reduced fat, creamy	2 tbs	190	12	Na	2.5	2	5	0	0	0	0
Skippy, regular creamy	2 tbs	190	17	Na	3.5	2	3	0	0	0	0
Skippy, super chunk	2 tbs	190	17	Na	3.5	2	3	0	0	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
			101		100					1 -	
Smart Balance omega, creamy	2 tbs	200	17	12	2.5	2	1	0	0	0	+
Smart Balance omega, creamy Smuckers natural, creamy or chunky	2 tbs 2 tbs	200 210		12 Na		2 2	1 1	0	0	0	+ 0
			17		2.5				-	_	
Smuckers natural, creamy or chunky	2 tbs	210	17 16	Na	2.5 2.5	2	1	0	0	0	0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy	2 tbs	210	17 16	Na	2.5 2.5	2	1	0	0	0	0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt	2 tbs 2 tbs	210 200	17 16 12	Na Na	2.5 2.5 2	2	1 2	0	0	0	0 0 +
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS	2 tbs 2 tbs	210 200 165	17 16 12	Na Na 7	2.5 2.5 2	2 2 2	1 2	0	0 0	0	0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium	2 tbs 2 tbs 1 oz 1 oz	210 200 165 169	17 16 12 14 15	Na Na 7 7	2.5 2.5 2 2	2 2 2 2	1 1 1	0 0 0	0 0 2 1	0 0	0 0 + +
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred	2 tbs 2 tbs 1 oz 1 oz 1 oz	210 200 165 169 160	17 16 12 14 15 13 0	Na Na 7 7 Na	2.5 2.5 2 2 2 2 1.5	2 2 2 2 2	1 2 1 1 4	0 0 0 0 0 21	0 0 2 1 0	0 0 0 0 0	0 0 + + + 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz	210 200 165 169 160 96	17 16 12 14 15 13 0	Na Na 7 7 Na 0	2.5 2.5 2 2 2 2 1.5 0	2 2 2 2 2 5	1 2 1 1 4 16	0 0 0 0	0 0 2 1 0	0 0 0 0 0	0 0 + + 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 cz 1 vz 2 c v/2 c	210 200 165 169 160 96 80 60	17 16 12 14 15 13 0	Na Na 7 7 Na 0 0	2.5 2.5 2 2 2 2 1.5 0	2 2 2 2 2 5	1 2 1 1 4 16	0 0 0 0 0 21	0 0 2 1 0 1	0 0 0 0 0 0 11	0 0 + + 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, chaves Del Monte, Bartlett, Orchard Select	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 cz 1 cz 1 cz 1 cz 2 c 1/2 c 1/2 c	210 200 165 169 160 96 80 60 80	17 16 12 14 15 13 0	Na Na 7 7 Na 0 0	2.5 2.5 2 2 2 1.5 0	2 2 2 2 2 5 1 1	1 2 1 1 4 16 19 14	0 0 0 0 0 21	0 0 0 1 0 0 0 0	0 0 0 0 0 11 2 4 100	0 0 + + + 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, Orchard Select S&W, Bartlett, halves, light syrup	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 cz 1 cz 1 cz 1 cz 2 c 2 c 2 c 2 c 2 c 2 c	210 200 165 169 160 96 80 60 80	17 16 12 14 15 13 0	Na Na 7 7 Na 0 0 0	2.5 2.5 2 2 2 1.5 0	2 2 2 2 2 5 5	1 2 1 1 4 16 19 14 19	0 0 0 0 0 21 0 0	0 0 2 1 0 1	0 0 0 0 0 11 2 4 100 2	0 0 + + + 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, cinnamon balves Del Monte, Bartlett, cinnamon balves Del Monte, Bartlett, halves Del Monte, Bartlett, orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 cz 1 cz 1 cz 1 cz 1 cz 1 cz 1 cz 1 c	210 200 165 169 160 96 80 80 80 80	17 16 12 14 15 13 0	Na Na 7 7 Na 0 0 0 0	2.5 2.5 2 2 2 2 1.5 0 0 0 0	2 2 2 2 2 5 5	1 2 1 1 4 16 19 14 19 17	0 0 0 0 0 21 0 0 0	0 0 1 0 1 0 0 0	0 0 0 0 0 11 2 4 100 2 2	0 0 + + + 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, cinnamon balves Del Monte, Bartlett, cinnamon balves Del Monte, Bartlett, halves Del Monte, Bartlett, orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 cz 1 cz 1 cz 1 cz 1 cz 1 cz 1 cz 1 c	210 200 165 169 160 96 80 80 80 80 120	17 16 12 14 15 13 0 0 0 0	Na Na 7 7 Na 0 0 0 0	2.5 2.5 2 2 2 2 1.5 0 0 0 0 0	2 2 2 2 2 5 5 1 1 2 2 2 2	1 2 1 4 16 19 14 19 17 17 25	0 0 0 0 0 21 0 0 0 0 0	0 0 2 1 0 1	0 0 0 0 0 11 2 4 100 2 2 4	0 0 + + + 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, Orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz 1 vb c	210 200 165 169 160 96 80 80 80 80 120 134	17 16 12 14 15 13 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0	2 2 2 2 5 5 1 1 2 2 2 2 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 Na 0	0 0 1 0 1 0 0 0 0 0 0 4 2	0 0 0 0 0 11 2 4 100 2 2 4 11	0 0 + + + 0 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, Orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, halves, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned Del Monte, peas & carrots	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz 1 vb c	210 200 165 169 160 96 80 80 80 80 120 134	17 16 12 14 15 13 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0 0	2 2 2 2 2 5 5 1 1 2 2 2 0 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 Na 0	0 0 0 2 1 0 0 0 0 0 0 0 0 4 2	0 0 0 0 0 111 2 4 100 2 2 4 111	0 0 + + + 0 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned Del Monte, peas & carrots Del Monte, sweet peas	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz 1 oz 2 tbc 1 oz 1 cc 1 oz 1 oz 1 cc 1 oz	210 200 165 169 160 96 80 80 80 80 120 134	17 16 12 14 15 13 0 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0 0	2 2 2 2 2 5 5 1 1 2 2 2 2 0 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 Na 0	0 0 0 1 0 0 0 0 0 0 0 4 2 2 2	0 0 0 0 0 111 2 4 100 2 2 4 111	0 0 + + + 0 0 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, halves Del Monte, Bartlett, balves Del Monte, Bartlett, orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned Del Monte, peas & carrots Del Monte, sweet peas Del Monte, very young small sweet	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz 1 oz 2 tbc 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2	210 200 165 169 160 96 80 80 80 80 120 134	17 16 12 14 15 13 0 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0 0 0	2 2 2 2 2 5 1 1 2 2 2 0 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0 4 2 2 2	0 0 0 0 0 111 2 4 100 2 2 4 111 6 15 15	0 0 + + + 0 0 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, halves Del Monte, Bartlett, orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned Del Monte, peas & carrots Del Monte, sweet peas Del Monte, very young small sweet Green Giant, LeSueur early peas	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz 1 oz 2 tbc 1 oz 1 cc 1 oz 1 oz 1 cc 1 oz	210 200 165 169 160 96 80 80 80 80 120 134	17 16 12 14 15 13 0 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0 0	2 2 2 2 2 5 5 1 1 2 2 2 2 0 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 Na 0	0 0 0 1 0 0 0 0 0 0 0 4 2 2 2	0 0 0 0 0 111 2 4 100 2 2 4 111	0 0 + + + 0 0 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, halves Del Monte, Bartlett, brochard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned Del Monte, peas & carrots Del Monte, sweet peas Del Monte, very young small sweet Green Giant, LeSueur early peas Frozen	2 tbs 2 tbs 1 oz	210 200 165 169 160 96 80 80 80 120 134 60 60 60	17 16 12 14 15 13 0 0 0 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0 0 0	2 2 2 2 2 5 1 1 2 2 2 0 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 Na 0	0 0 0 1 0 0 0 0 0 0 4 2 2 2 2	0 0 0 0 0 111 2 4 1000 2 2 4 111 6 15 15	0 0 + + + 0 0 0 0 0 0 0 0
Smuckers natural, creamy or chunky Smuckers natural, reduced fat creamy PEANUTS  Dry roasted, w/salt Oil roasted, w/salt Planters, honey roasted PEARS, fresh, raw, medium Canned/jarred Del Monte, Bartlett, cinnamon halves Del Monte, Bartlett, halves Del Monte, Bartlett, halves Del Monte, Bartlett, orchard Select S&W, Bartlett, halves, light syrup S&W, Bartlett, slices, natural style Nectar, Santa Cruz, organic PEAS, fresh, boiled, no salt Canned Del Monte, peas & carrots Del Monte, sweet peas Del Monte, very young small sweet Green Giant, LeSueur early peas	2 tbs 2 tbs 1 oz 1 oz 1 oz 1 oz 1 oz 2 tbc 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2 c 2	210 200 165 169 160 96 80 80 80 80 120 134	17 16 12 14 15 13 0 0 0 0 0 0	Na Na 7 7 Na 0 0 0 0 0 0	2.5 2.5 2 2 2 1.5 0 0 0 0 0 0 0	2 2 2 2 2 2 5 1 1 2 2 2 0 0	1 2 1 1 4 16 19 14 19 17 17 25 0	0 0 0 0 0 21 0 0 0 0 0 0 0 0	0 0 0 1 0 0 0 0 0 0 4 2 2 2	0 0 0 0 0 111 2 4 100 2 2 4 111 6 15 15	0 0 + + + 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Bela- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
PECANS, raw, halves	1 oz	193	20	11.5	2	3	1	8	1	0	0
Planters, chips	2 oz	390	40	23*	3	7	2	0	4	2	+
PEPPERS											
Fresh, raw, green, chopped	1 c	30	0	0	0	3	4	310	1	199	0
Fresh, raw, red, chopped	1 c	39	0	0	0	3	6	2419	1	471	0
Fresh, raw, yellow, chopped, large 3"	1	50	0	0	0	2	0	233	2	568	+
PEPPERONI											
Bridgford, original	1 oz	130	12	Na	1	0	0	0	0	2	Na
Smart Deli (soy), slices	13 slices	40	0	0	0	1	<1	0	0	0	Na
PICKLES							-				
Cascadian Farms, baby dills	11/s pc	5	0	0	0	0	0	0	0	0	0
Cascadian Farms, bread & butter chips	5 slices	30	ō	ő	ő	ō	2	ō	ō	ŏ	ō
Claussen bread 'n butter sandwich slices	1 oz	5	ō	ō	ō	0	õ	ō	ō	ŏ	ō
Claussen, kosher dill halves or spears	1 oz	5	ō	ō	ō	0	ō	ō	ō	ŏ	ō
Claussen sweet gerkins	1 oz	30	o o	ő	ō	Õ	6	o o	ō	2	ō
Del Monte, sweet, midget	1 oz	40	0	o	0	<1	10	o	o	ô	0
Del Monte, sweet, whole	1 oz	40	0	o	0	<1	10	0	0	0	o
PIES, frozen	102	40	0		v	-	10	Ü			·
Edward's chocolate butter pecan	1 pc	560	32	Na	14	2	36	0	0	0	0
Edward's chocolate cream	√s pie	450	27	Na	18	1	33	ő	8	0	0
Edward's Georgia pecan	√s pie √s pie	490	22	Na	16.5	i	26	0	0	0	0
Edward's key lime	√s pie √s pie	450	26	Na	8	ò	47	0	20	0	0
Edward's Oreo cream	√a pie √a pie	480	30	Na	20.5	2	35	0	8	0	0
Food	Portion	Calories	Total Fat	Good	Bad Fata (a)	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Edward's turtle	Size ∀s pie	390	(g) 22	Fats (g) Na	Fats (g) 13.5	(g) 1	(mg) 32	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Edward's turtle Sara Lee, apple	Size Vs pie Vs pie	390 340	(g) 22 15	Fats (g) Na Na	Fats (g) 13.5 7	(g) 1 1	32 26	carotene (mcg) 0 0	(% <b>DV)</b> 6 0	(% <b>DV</b> ) 0 2	0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry	Vs pie Vs pie Vs pie Vs pie	390 340 360	(g) 22 15 15	Fats (g) Na Na Na	13.5 7 7	(g) 1 1 2	32 26 26	0 0 0	6 0 0	(% <b>DV</b> ) 0 2 4	(0,+,++) 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry	Size ⅓s pie ⅓s pie ⅓s pie ⅓s pie	390 340 360 330	(g) 22 15 15 15	Fats (g) Na Na Na Na Na	Fats (g) 13.5 7 7 3.5	(g) 1 1 2 2	(mg) 32 26 26 27	0 0 0 0 0	(% <b>DV</b> ) 6 0 0 2	(% <b>DV</b> ) 0 2 4 2	(0,+,++) 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple	Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie	390 340 360 330 350	(g) 22 15 15 15 15	Rats (g) Na Na Na Na Na Na	13.5 7 7 3.5 6	(g) 1 1 2 2 2	32 26 26 27 30	0 0 0 0 0 0	6 0 0 2 0	0 2 4 2 2	0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince	Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie	390 340 360 330 350 390	(g) 22 15 15 15 15 15	Na Na Na Na Na Na Na Na	13.5 7 7 3.5 6 4	(g) 1 1 2 2 2 3	32 26 26 27 30 30	0 0 0 0 0 0 0	6 0 0 2 0 2	0 2 4 2 2 4	0,+,++) 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish	Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie	390 340 360 330 350 390 370	(g) 22 15 15 15 15 17 21	Na Na Na Na Na Na Na Na Na	Fats (g) 13.5 7 7 3.5 6 4 9.5	(g) 1 1 2 2 2 2 3 2	32 26 26 27 30 30 18	0 0 0 0 0 0 0 0	6 0 0 2 0 2 0	0 2 4 2 2 2 4 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle	Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie	390 340 360 330 350 390 370 260	(g) 22 15 15 15 15 17 21	Na Na Na Na Na Na Na Na Na Na	Fats (g) 13.5 7 7 3.5 6 4 9.5 2.5	(g) 1 1 2 2 2 2 3 2 2	32 26 26 27 30 30 18 18	0 0 0 0 0 0 0 0 0	6 0 0 2 0 2 0 2 0	0 2 4 2 2 4 0 0	0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream	Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie Vs pie	390 340 360 330 350 390 370	(g) 22 15 15 15 15 17 21	Na Na Na Na Na Na Na Na Na	Fats (g) 13.5 7 7 3.5 6 4 9.5	(g) 1 1 2 2 2 2 3 2	32 26 26 27 30 30 18	0 0 0 0 0 0 0 0	6 0 0 2 0 2 0	0 2 4 2 2 2 4 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream PIE CRUST	Size  Vs pie	390 340 360 330 350 390 370 260 450	(g) 22 15 15 15 17 21 11 27	Na Na Na Na Na Na Na Na Na Na	13.5 7 7 3.5 6 4 9.5 2.5 18	(g) 1 1 2 2 2 2 3 2 2 1	(mg) 32 26 26 27 30 30 18 18	0 0 0 0 0 0 0 0 0	(%DV) 6 0 2 0 2 0 2 0 6 4	0 2 4 2 2 4 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream PIE CRUST Pet-Ritz, deep dish	Vs pie	390 340 360 330 350 390 370 260 450	(g) 22 15 15 15 15 17 21 11 27	Na Na Na Na Na Na Na Na Na Na Na	13.5 7 7 3.5 6 4 9.5 2.5 18	(g) 1 1 2 2 2 2 3 2 2 1	32 26 26 27 30 30 18 18 29	0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4	0 2 4 2 2 4 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish	Vs pie Vs prie Vs crust Vs crust	390 340 360 330 350 390 370 260 450	(g) 22 15 15 15 15 17 21 11 27	Rats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	13.5 7 7 3.5 6 4 9.5 2.5 18	(g) 1 1 2 2 2 2 3 2 2 1	32 26 26 27 30 30 18 18 29	0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4	0 2 4 2 2 4 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular	Vs pie	390 340 360 330 350 390 370 260 450	(g) 22 15 15 15 15 17 21 11 27	Na Na Na Na Na Na Na Na Na Na Na	13.5 7 7 3.5 6 4 9.5 2.5 18	(g) 1 1 2 2 2 2 3 2 2 1	32 26 26 27 30 30 18 18 29	0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4	0 2 4 2 2 4 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING	Vs pie Vs prie Vs crust Vs crust	390 340 360 330 350 390 370 260 450	(g) 22 15 15 15 15 17 21 11 27	Rats (g)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	13.5 7 7 3.5 6 4 9.5 2.5 18	(g) 1 1 2 2 2 2 3 2 2 1	32 26 26 27 30 30 18 18 29	0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4	0 2 4 2 2 4 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, penykin homestyle Sara Lee, tropical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish Pet-Ritz, regular PIE FILLING Lucky Leaf	Vs pie	390 340 360 330 350 390 370 260 450 90 90 80	(g) 22 15 15 15 15 17 21 11 27 5 4	Na Na Na Na Na Na Na Na Na Na Na Na	13.5 7 7 3.5 6 4 9.5 2.5 18	(g) 1 1 2 2 2 3 2 2 1	(mg) 32 26 26 27 30 30 18 18 29	0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4 0 0 0	0 2 4 2 2 4 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, propical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple	Vs pie Vs crust Vs crust Vs crust	390 340 360 330 350 390 370 260 450 90 90	(g)  22 15 15 15 15 17 21 11 27 5 4	Na Na Na Na Na Na Na Na Na Na Na Na	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0	(mg) 32 26 26 27 30 30 18 18 29	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 2 0 2 0 6 4 0 0 0	(%DV) 0 2 4 2 2 4 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, peach deep dish Sara Lee, tropical coconut cream PIE CRUST PEt-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple Apricot	Vs pie Vs crust Vs crust Vs crust	390 340 360 330 350 390 370 260 450 90 90 90	(g)  22 15 15 15 15 17 21 11 27 5 4	Na N	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0	(mg) 32 26 26 27 30 30 18 18 29 1 1 17 13	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 2 0 2 0 6 4 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 2 4 2 2 4 0 0 0 0 0 0 25	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, peach deep dish Sara Lee, tropical coconut cream PIE CRUST PEt-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple Apricot Blueberry, premium	Vs pie Vs crust Vs crust Vs crust Vs crust	390 340 360 330 350 390 370 260 450 90 90 90 100	(g)  22 15 15 15 15 17 21 11 27 5 4	Na N	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0	(mg) 32 26 26 27 30 30 18 18 29 1 1 17 13	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4 0 0 0 0 0 0 0 0 0	(%DV) 0 2 4 2 2 4 0 0 0 0 0 0 25 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, peach deep dish Sara Lee, propical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple Apricot Blueberry, premium Coconut crème	Vs pie Vs crust Vs crust Vs crust Vs crust Vs crust Vs c	390 340 360 330 350 390 370 260 450 90 90 90 100 110	(g)  22 15 15 15 15 17 21 11 27 5 4	Na N	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0	(mg) 32 26 26 27 30 30 18 18 29 1 1 17 13 17	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4 0 0 0 0 0 0 0 0 0	(%DV) 0 2 4 2 2 4 0 0 0 0 0 0 25 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, cherry Sara Lee, putch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, poical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple Apricot Blueberry, premium Coconut crème Lemon cream	Vs pie Vs crust Vs crust Vs crust Vs c Vs c Vs c Vs c Vs c Vs c	390 340 360 330 350 390 370 260 450 90 90 90 100 110 130	(g)  22 15 15 15 15 17 21 11 27 5 4 0 0 0 2 1	Na N	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0 0	(mg) 32 26 26 27 30 30 18 18 29 1 1 17 13 17 12 15	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4 0 0 0 0 0 0 0 0 0 0	(%DV) 0 2 4 2 2 4 0 0 0 0 0 2 5 0 0 2 2 2 4 0 0 0 0 0 0 0 0 0 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, Dutch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, tropical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple Apricot Blueberry, premium Coconut crème Lemon cream Pineapple	Vs pie Vs crust Vs crust Vs crust Vs c	390 340 360 330 350 390 370 260 450 90 90 90 100 110 130	(g)  22 15 15 15 15 17 21 11 27 5 4 0 0 0 2 1 0	Na N	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0 0	(mg)  32 26 26 27 30 30 18 18 29 1 1 17 13 17 12 15 13	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 2 4 2 2 4 0 0 0 0 0 2 5 0 0 2 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Edward's turtle Sara Lee, apple Sara Lee, blueberry Sara Lee, cherry Sara Lee, cherry Sara Lee, putch apple Sara Lee, mince Sara Lee, peach deep dish Sara Lee, pumpkin homestyle Sara Lee, poical coconut cream PIE CRUST Pet-Ritz, deep dish Pet-Ritz, deep dish, all vegetable Pet-Ritz, regular PIE FILLING Lucky Leaf Apple Apricot Blueberry, premium Coconut crème Lemon cream	Vs pie Vs crust Vs crust Vs crust Vs c Vs c Vs c Vs c Vs c Vs c	390 340 360 330 350 390 370 260 450 90 90 90 100 110 130	(g)  22 15 15 15 15 17 21 11 27 5 4 0 0 0 2 1	Na N	13.5 7 7 3.5 6 4 9.5 2.5 18 2 2.5 1.5	(g) 1 1 2 2 2 2 3 2 2 1 0 0 0	(mg) 32 26 26 27 30 30 18 18 29 1 1 17 13 17 12 15	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 6 0 0 2 0 2 0 6 4 0 0 0 0 0 0 0 0 0 0	(%DV) 0 2 4 2 2 4 0 0 0 0 0 2 5 0 0 2 2 2 4 0 0 0 0 0 0 0 0 0 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
PIEROGIES											
Mrs. T, American cheese	3	210	6	Na	3	1	1	Na	8	8	0
Mrs. T, broccoli & cheddar	3	200	4.5	Na	2	2	2	Na	4	20	0
Mrs. T, four cheese	3	230	7	Na	1.5	1	2	Na	4	15	0
Mrs. T, sour cream & chives	3	210	5	Na	2.5	i	2	Na	4	15	0
PINEAPPLE, fresh, diced	1 c	74	0	0	0	2	14	53	2	93	ō
Del Monte, chunks in own juice	1/2 C	70	0	0	0	1	15	Na	0	20	0
Del Monte, Fruit Naturals	1/2 C	70	ō	ő	ō	- <1	15	10*	0	100	ō
Dole, fruit bowl	4 oz	60	ō	ő	ō	1	14	Na	ō	40	ō
Dole, fruit bowl in lime gel	4.3 oz	90	0	ō	0	o	22	Na	0	40	0
Dole, slices in 100% juice	2 slices	60	0	o	0	i	13	Na	o	25	0
Dole, tidbits in 100% juice	1/2 C	60	0	ő	ő	i	13	Na	o	25	ō
PINEAPPLE JUICE/BEVERAGE	72 €	00	•			•	13	IVG		23	
Dole, 100%	8 oz	120	0	0	0	0	29	Na	2	100	0
Dole, pineapple orange, 100%	6 O Z	100	0	0	0	0	18	Na	2	100	0
Knudsen, nectar	8oz	140	0	0	0	0	26	Na	2	15	o
Knudsen, pineapple coconut	8 o z	130	1	Na	0.5	0	27	Na	4	0	Ö
		130	ó	0	0.5	0	29	Na	0	15	0
Santa Cruz, orange pineapple	8 oz	130	-	0	0.5	0	28	Na Na		0	0
Santa Cruz, pineapple coconut	8 oz	170	0.5 14	7	2	3			2	1	
PISTACHIOS, dry roasted (Planters)	1 oz	1/0	14	,	2	3	2	44	3		+
PIZZA (frozen) (Also see Fast Food) Amy's Kitchen											
Cheese	⅓ pie	310	12	Na	4	2	4	Na	20	6	0
Mediterranean w/cornmeal crust	⅓ pie	360	15	Na	4.5	3	2	Na	20	10	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Pesto	1/s pie	310	12	Na	3.5	2	3	Na	15	15	0
Rice crust, cheese	⅓ pie	300	14	Na	4	2	5	Na	20	8	0
Roasted vegetable	⅓ pie	270	9	Na	1.5	2	5	Na	2	20	0
Soy cheese	• • •	290	11	Na	1.5	2	3	Na	2	4	0
Three cheese w/cornmeal crust	⅓ pie	370	19	Na	4	2	6	Na	10	10	0
DiGiomo	⅓ pie	370	19	IVd	*	2	0	IVd	10	10	U
Cheese stuffed crust, 3 meat	1/6 pie	340	16			2	5	Na	20	0	0
			16	Na	7.5	- 4	,				
Cheese stuffed crust, pepperoni	1/s pie			Na Na	7.5 8.5						0
Cheese stuffed crust, pepperoni Cheese stuffed crust. 4 cheese	1/s pie 1/s pie	370	16	Na	8.5	3	6	Na	25	0	0
Cheese stuffed crust, 4 cheese	1/s pie	370 360	16 15	Na Na	8.5 8.5	3	6	Na Na	25 30	0	0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat	⅓ pie ⅓ pie	370 360 340	16 15 18	Na Na Na	8.5 8.5 8.5	3 3 2	6 6 5	Na Na Na	25 30 20	0 0 0	0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme	1/s pie 1/6 pie 1/6 pie	370 360 340 320	16 15 18 15	Na Na Na Na	8.5 8.5 8.5 7.5	3 2 2	6 6 5 5	Na Na Na Na	25 30 20 15	0 0 0	0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni	1/s pie 1/6 pie 1/6 pie 1/2 pie	370 360 340 320 390	16 15 18 15	Na Na Na Na Na	8.5 8.5 8.5 7.5 8.5	3 2 2 3	6 6 5 5 7	Na Na Na Na Na	25 30 20 15 15	0 0 0 0	0 0 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme	⅓ pie ⅓ pie ⅓ pie ⅓ pie ⅓ pie	370 360 340 320 390 400	16 15 18 15 18	Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5	3 2 2 3 4	6 6 5 7 7	Na Na Na Na Na Na	25 30 20 15 15	0 0 0 0 0	0 0 0 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme	1/s pie 1/6 pie 1/6 pie 1/2 pie 1/2 pie 1/3 pie	370 360 340 320 390 400 250	16 15 18 15 18 18	Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 3.5	3 2 2 3 4 4	6 6 5 7 7 5	Na Na Na Na Na Na	25 30 20 15 15 15	0 0 0 0 0 6 6	0 0 0 0 0 Na
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni	Vs pie V6 pie V6 pie V2 pie V2 pie V5 pie V5 pie	370 360 340 320 390 400 250 270	16 15 18 15 18 18 8	Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5	3 2 2 3 4	6 5 5 7 7 5	Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 25	0 0 0 0 0 6 6	0 0 0 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme	1/s pie 1/6 pie 1/6 pie 1/2 pie 1/2 pie 1/3 pie	370 360 340 320 390 400 250	16 15 18 15 18 18	Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 8.5 3.5	3 2 2 3 4 4	6 6 5 7 7 5	Na Na Na Na Na Na	25 30 20 15 15 15	0 0 0 0 0 6 6	0 0 0 0 0 Na 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme Jeno's Crisp 'n Tasty	Vs pie V6 pie V6 pie V2 pie V2 pie V3 pie V3 pie V3 pie V3 pie	370 360 340 320 390 400 250 270 300	16 15 18 15 18 18 8 9	Na Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 8.5 3.5 4 5	3 3 2 2 3 4 4 4 3	6 6 5 7 7 5 5 8	Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 25	0 0 0 0 0 6 6 6	0 0 0 0 0 Na 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme Jeno's Crisp 'n Tasty Canadian bacon	Vs pie V6 pie V6 pie V2 pie V2 pie V3 pie V3 pie V3 pie V3 pie	370 360 340 320 390 400 250 270 300	16 15 18 15 18 18 8 9 12	Na Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 3.5 4 5	3 3 2 2 3 4 4 4 4 3	6 6 5 7 7 5 5 8	Na Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 25 15	0 0 0 0 0 6 6 6 2 6	0 0 0 0 0 Na 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme Jeno's Crisp 'n Tasty Canadian bacon Cheese	Vs pie V6 pie V6 pie V2 pie V2 pie V3 pie V5 pie V5 pie V 5 pie 1 pie 1 pie	370 360 340 320 390 400 250 270 300 420 440	16 15 18 15 18 18 8 9 12	Na Na Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 3.5 4 5	3 3 2 2 3 4 4 4 4 3	6 6 5 7 7 7 5 5 8	Na Na Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 15 15 25 15	0 0 0 0 0 6 6 6 2 6	0 0 0 0 0 Na 0 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme Jeno's Crisp 'n Tasty Canadian bacon Cheese Combination	Vs pie V6 pie V2 pie V2 pie V3 pie V5 pie V5 pie V5 pie 1 pie 1 pie 1 pie	370 360 340 320 390 400 250 270 300 420 440 490	16 15 18 15 18 18 8 9 12 18 21 25	Na Na Na Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 3.5 4 5	3 3 2 2 3 4 4 4 3 2 2 2 2 3 4 4 2 2 2 2	6 6 5 7 7 7 5 5 8	Na Na Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 25 15 15	0 0 0 0 0 6 6 6 2 6	0 0 0 0 0 Na 0 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme Jeno's Crisp 'n Tasty Canadian bacon Cheese Combination Hamburger	Vs pie V6 pie V2 pie V2 pie V3 pie V4 pie V4 pie V5 pie V5 pie V5 pie V6 pie V6 pie V6 pie V7 pie V6 pie V7 pie V6 pie V7 pie V6 pie V7 pie V7 pie V7 pie V8 pie	370 360 340 320 390 400 250 270 300 420 440 490 480	16 15 18 15 18 18 8 9 12 18 21 25 22	Na Na Na Na Na Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 3.5 4 5 8 10 10.5 9.5	3 3 2 2 3 4 4 4 3 2 2 2 2 2 2 2 2 2 2 2	6 6 5 7 7 5 5 8 6 5 5 5	Na Na Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 25 15 15 15	0 0 0 0 0 6 6 6 2 6	0 0 0 0 0 Na 0 0
Cheese stuffed crust, 4 cheese Deep dish, 3 meat Deep dish, supreme Microwave rising crust, pepperoni Microwave rising crust, supreme Thin crispy crust, harvest wheat supreme Thin crispy crust, harvest wheat pepperoni Thin crispy crust, supreme Jeno's Crisp 'n Tasty Canadian bacon Cheese Combination	Vs pie V6 pie V2 pie V2 pie V3 pie V5 pie V5 pie V5 pie 1 pie 1 pie 1 pie	370 360 340 320 390 400 250 270 300 420 440 490	16 15 18 15 18 18 8 9 12 18 21 25	Na Na Na Na Na Na Na Na Na Na	8.5 8.5 7.5 8.5 8.5 3.5 4 5	3 3 2 2 3 4 4 4 3 2 2 2 2 3 4 4 2 2 2 2	6 6 5 7 7 7 5 5 8	Na Na Na Na Na Na Na Na Na Na	25 30 20 15 15 15 15 25 15 15	0 0 0 0 0 6 6 6 2 6	0 0 0 0 0 Na 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Supreme	1 pie	490	25	Na	10.5	2	5	Na	15	0	0
Three meat	1 pie	480	24	Na	10.5	2	5	Na	15	0	0
Lean Cuisine											
Cheese French bread	1 pkg	320	7	0.5	4	4	8	Na	25	15	0
Delux French bread	1 pkg	310	9	0.5	3.5	3	7	Na	15	25	0
Pepperoni French bread	1 pkg	290	8	0.5	3	3	7	Na	15	10	0
Tombstone											
Brickoven pepperoni	√4 pie	310	16	Na	7	2	4	Na	20	4	0
Brickoven pepperoni & sausage	¼ pie	320	16	Na	7	3	4	Na	20	2	0
Brickoven, supreme	1/4 pie	320	16	Na	7	3	4	Na	20	4	0
Harvest wheat thin crust, cheese	⅓ pie	300	10	Na	5	4	5	Na	30	4	0
Harvest wheat thin crust, supreme	1/4 pie	260	10	Na	4.5	3	4	Na	20	4	0
Light veggie	√s pie	230	6	Na	2	4	15	Na	20	4	0
Original, sausage & mushroom	√s pie	306	15	4.5	5	0	0	145	20	0	0
Original, extra cheese	¼ pie	350	15	Na	8.5	4	5	Na	35	0	0
Original, supreme	√s pie	300	14	Na	6	3	5	Na	20	0	0
Original, 4 meat	√s pie	310	14	Na	6	3	4	Na	20	0	0
Totino's Party Pizza											
Canadian bacon	√₂ pie	320	15	Na	7	1	4	Na	15	0	0
Cheese	√₂ pie	320	15	Na	7	1	4	Na	20	0	0
Combination	√₂ pie	380	21	10*	9	1	7	Na	15	0	0
Hamburger	½ pie	360	19	Na	9	1	7	Na	15	0	0
Mexican	√₂ pie	370	19	Na	9	2	3	Na	15	0	0
Mini meatball	√₂ pie	350	18	Na	8	1	3	Na	15	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Pepperoni	Jue		(8)	rats (g/	rais (g)	(g)		carotene (mcg)	(4004)	(5004)	(0,7,77)
	the min	760	20	10*	0	7	7	Ma	15	-	0
	V₂ pie	360	20	10*	9	3	3	Na Na	15	0	0
Sausage	√₂ pie	360	19	Na	8	1	4	Na	15	0	0
Sausage Supreme	V₂ pie V₂ pie	360 360	19 19	Na Na	8 8.5	1	4	Na Na	15 15	0	0
Sausage Supreme Three cheese	½ pie ½ pie ½ pie	360 360 330	19 19 16	Na Na Na	8 8.5 7.5	1 1 1	4 4 4	Na Na Na	15 15 25	0	0
Sausage Supreme Three cheese Three meat	V₂ pie V₂ pie	360 360	19 19	Na Na	8 8.5	1	4	Na Na	15 15	0	0
Sausage Supreme Three cheese Three meat PIZZA SNACKS	V₂ pie V₂ pie V₂ pie V₂ pie	360 360 330 350	19 19 16 18	Na Na Na Na	8 8.5 7.5 8	1 1 1	4 4 4 3	Na Na Na Na	15 15 25 15	0 0 0	0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese	V2 pie V2 pie V2 pie V2 pie 6 rolls	360 360 330 350	19 19 16 18	Na Na Na Na	8 8.5 7.5 8	1 1 1 1	4 4 4 3	Na Na Na Na	15 15 25 15	0 0 0 0	0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco	V <sub>2</sub> pie V <sub>2</sub> pie V <sub>2</sub> pie V <sub>2</sub> pie 6 rolls 6 rolls	360 360 330 350 190 210	19 19 16 18 6	Na Na Na Na Na 3* 5*	8 8.5 7.5 8	1 1 1 1 1	4 4 4 3 4 2	Na Na Na Na Na	15 15 25 15 0	0 0 0 0 0 0	0 0 0 0
Sausage Supreme Three cheese Three meat  PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination	V₂ pie V₂ pie V₂ pie V₂ pie 6 rolls 6 rolls 6 rolls	360 360 330 350 190 210 220	19 19 16 18 6 10	Na Na Na Na 3* 5*	8 8.5 7.5 8 3 5 4.5	1 1 1 1 1 1 1	4 4 4 3 4 2 2	Na Na Na Na Na Na Na	15 15 25 15 0 8 4	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat  PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls	360 360 330 350 190 210 220 210	19 19 16 18 6 10 11	Na Na Na Na 3* 5* 5*	8 8.5 7.5 8 3 5 4.5 4	1 1 1 1 1 1 1 1	4 4 4 3 4 2 2 3	Na Na Na Na Na Na Na	15 15 25 15 0 8 4 4	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat  PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls	360 360 330 350 190 210 220 210 210	19 16 18 6 10 11 10	Na Na Na Na 5* 5* 5*	8 8.5 7.5 8 3 5 4.5 4	1 1 1 1 1 1 1 1 1	4 4 4 3 4 2 2 3 3	Na Na Na Na Na Na Na Na	15 15 25 15 0 8 4 4	0 0 0 0	0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat  PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls	360 360 330 350 190 210 220 210 210 210	19 16 18 6 10 11 10 9	Na Na Na Na S* 5* 5* 5* 5*	8 8.5 7.5 8 3 5 4.5 4 4 4 3.5	1 1 1 1 1 1 1 1 1 2	4 4 4 3 4 2 2 3 3 3 3	Na Na Na Na Na Na Na Na Na	15 15 25 15 0 8 4 4 4 4	0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat  PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, three meat	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls	360 360 330 350 190 210 220 210 210 210 210	19 16 18 6 10 11 10 9	Na Na Na Na 3* 5* 5* 5* 5* 4* 4*	8 8.5 7.5 8 3 5 4.5 4 4 4 3.5 4	1 1 1 1 1 1 1 1 1 2	4 4 4 3 4 2 2 3 3 3 3 3	Na Na Na Na Na Na Na Na Na Na	15 15 25 15 0 8 4 4 4 4 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 c	360 360 330 350 190 210 220 210 210 210 210 181	19 19 16 18 6 10 11 10 10 9	Na Na Na Na 3* 5* 5* 5* 5* 4* 4*	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0	1 1 1 1 1 1 1 1 1 1 2 1 3	4 4 4 3 3 4 2 2 3 3 3 3 3 2 2	Na Na Na Na Na Na Na Na Na Na Na	15 15 25 15 0 8 4 4 4 4 4 4 4 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, combination Totino's pizza rolls, combination Totino's pizza rolls, supepperoni Totino's pizza rolls, sussage Totino's pizza rolls, supreme Totino's pizza rolls, stree Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 21/8" diameter	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 c 1	360 360 330 350 190 210 220 210 210 210 210 30	19 19 16 18 6 10 11 10 10 9 9	Na Na Na Na S* S* S* S* S* S* O	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3	4 4 4 3 4 2 2 3 3 3 3 3 22 7	Na Na Na Na Na Na Na Na Na Na 125	15 15 25 15 0 8 4 4 4 4 4 4 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, combination Totino's pizza rolls, combination Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, stupreme Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 21/8" diameter Canned, purple, light syrup	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 c	360 360 330 350 190 210 220 210 210 210 210 181	19 19 16 18 6 10 11 10 10 9	Na Na Na Na 3* 5* 5* 5* 5* 4* 4*	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0	1 1 1 1 1 1 1 1 1 1 2 1 3	4 4 4 3 3 4 2 2 3 3 3 3 3 2 2	Na Na Na Na Na Na Na Na Na Na Na	15 15 25 15 0 8 4 4 4 4 4 4 4	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 21/8" diameter Canned, purple, light syrup POMEGRANATE	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 c 1	360 360 330 350 190 210 220 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1	Na Na Na Na S* S* S* S* S* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3 1 2	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39	Na Na Na Na Na Na Na Na Na 125 320	15 15 25 15 0 8 4 4 4 4 4 4 0 0	0 0 0 0 0 0 0 0 0 0 0 45	0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 21/8" diameter Canned, purple, light syrup POMEGRANATE Fresh fruit, 3 ¾8"	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 c 1	360 360 330 350 190 210 220 210 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1 0	Na Na Na Na S* S* S* S* S* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 2 1 3 1 2 2 1	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39	Na Na Na Na Na Na Na Na Na 676 125 320	15 15 25 15 0 8 4 4 4 4 4 4 4 0 0 2	0 0 0 0 0 0 0 0 0 0 0 45 10 1	0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 21/8" diameter Canned, purple, light syrup POMEGRANATE Fresh fruit, 3 ¾8" Knudsen, Just Pomegranate	V2 pie V2 pie V2 pie V2 pie V2 pie V3 pie V6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 rolls 1 c 1 8 oz	360 360 330 350 190 210 220 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1 0 0	Na Na Na Na S* 5* 5* 5* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3 1 2	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39	Na Na Na Na Na Na Na Na 676 125 320	15 15 25 15 0 8 4 4 4 4 4 4 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 45 10 1	0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 2½° diameter Canned, purple, light syrup POMEGRANATE Fresh fruit, 3¾° Knudsen, Just Pomegranate Knudsen, Vita Pomegranate	V2 pie V2 pie V2 pie V2 pie V2 pie 6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 c 1	360 360 330 350 190 210 220 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1 0 0	Na Na Na Na S* 5* 5* 5* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3 1 2 1 0 0	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39 26 36 28	Na Na Na Na Na Na Na Na 676 125 320	15 15 25 15 0 8 4 4 4 4 4 4 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 45 10 1	0 0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 2½" diameter Canned, purple, light syrup POMEGRANATE Fresh fruit, 3 ¾" Knudsen, Just Pomegranate Knudsen, Vita Pomegranate POM, 100%	V2 pie V2 pie V2 pie V2 pie V2 pie V3 pie V6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 rolls 1 c 1 8 oz	360 360 330 350 190 210 220 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1 0 0	Na Na Na Na S* 5* 5* 5* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3 1 2	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39	Na Na Na Na Na Na Na Na 676 125 320	15 15 25 15 0 8 4 4 4 4 4 4 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 45 10 1	0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 2½" diameter Canned, purple, light syrup POMEGRANATE Fresh fruit, 3¾" Knudsen, Just Pomegranate Knudsen, Vita Pomegranate POM, 100% POPCORN	V2 pie V2 pie V2 pie V2 pie V2 pie V3 pie V6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 rolls 1 c 1 8 oz 8 oz	360 360 330 350 190 210 220 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1 0 0	Na Na Na Na S* 5* 5* 5* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3 1 2 1 0 0	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39 26 36 28	Na Na Na Na Na Na Na Na 676 125 320	15 15 25 15 0 8 4 4 4 4 4 4 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 45 10 1	0 0 0 0 0 0 0 0 0 0 0 0 0
Sausage Supreme Three cheese Three meat PIZZA SNACKS Totino's pizza rolls, cheese Totino's pizza rolls, cheesy taco Totino's pizza rolls, combination Totino's pizza rolls, pepperoni Totino's pizza rolls, sausage Totino's pizza rolls, supreme Totino's pizza rolls, supreme Totino's pizza rolls, three meat PLANTAIN, raw PLUMS, raw, 2½° diameter Canned, purple, light syrup POMEGRANATE Fresh fruit, 3¾° Knudsen, Just Pomegranate Knudsen, Vita Pomegranate	V2 pie V2 pie V2 pie V2 pie V2 pie V3 pie V6 rolls 6 rolls 6 rolls 6 rolls 6 rolls 1 rolls 1 c 1 8 oz 8 oz	360 360 330 350 190 210 220 210 210 210 210 181 30 159	19 19 16 18 6 10 11 10 10 9 9 1 0 0	Na Na Na Na S* 5* 5* 5* 4* 4* 0 0	8 8.5 7.5 8 3 5 4.5 4 4 3.5 4 0 0	1 1 1 1 1 1 1 1 1 2 1 3 1 2 1 0 0	4 4 4 3 4 2 2 3 3 3 3 3 22 7 39 26 36 28	Na Na Na Na Na Na Na Na 676 125 320	15 15 25 15 0 8 4 4 4 4 4 4 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 45 10 1	0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Jolly Time, microwave, sassy salsa, kernels Jolly Time, microwave, mallow magic,	2 tbs	160	11	Na	7	3	0	0	0	0	0
kernels	2 tbs	180	13	Na	2.5	3	5	0	0	0	0
Wise, bagged, butter flavored	1 oz	150	10	Na	2	3	ő	Na	ő	ő	ő
Wise, bagged, hot cheese	1 oz	150	10	Na	2	2	3	Na	2	ő	ō
Wise, bagged, lite butter flavored	1 oz	140	5	Na	î	3	ő	Na	ō	ő	ŏ
Wise, bagged, white cheddar	1 oz	150	10	Na	2.5	2	2	Na	4	ŏ	ō
PORK					2.10	-	~	110			
Fresh, center loin chops, lean & fat, broiled	3 oz	204	11	5	4	0	0	0	2	0	+
Fresh, center rib chops, lean & fat, broiled	3 oz	224	13	6	5	0	ō	ō	2	ō	+
Fresh, center rib roast, lean, roasted	3 oz	182	9	4	3	0	0	0	2	ō	+
Fresh, loin blade chops, lean & fat, broiled	3 oz	272	21	9	8	0	0	0	2	0	+
Fresh, spare ribs, braised, lean & fat	3 oz	337	26	11.5	9	0	0	0	3	ō	+
Fresh, tenderloin, lean, roasted	3 oz	139	4	1.5	1	0	0	ō	ō	ō	+
Fresh, tenderloin, lean & fat, roasted	3 oz	147	5	2	2	0	0	0	0	0	+
Hormel, Always Tender, boneless loin	4 oz	162	8	4	3	0	0	0	ō	2	o
Hormel, Always Tender, center chops	4 oz	187	11	5	4	0	0	0	1	3	0
Hormel, Always Tender, fillets, lemon-garlic	4 oz	132	5	2	2	0	0	0	0	3	0
Hormel, Always Tender, tenderloin,	4 oz	123	4	1.5	1	0	0	0	1	2	0
peppercorn PORK RINDS	402	123	4	1.5	'	U	U	U	'	2	U
	0.625 oz	90	5	5	Na	1.5	0	0	0	0	0
Wise hot & spicy, BBQ	0.625 oz	90	6	Na	2	0	0	0	0	0	0
Wise, original Wise, sweet & mild BBQ	0.625 oz	90	6	Na	2	0	1	0	0	0	0
wise, sweet a fillid bbQ	0.02302	90	0	IVd	2	U	'	U	U	U	U
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
		Calories	Total Fat (g)			Fiber (g)					B vit. (0,+,++)
POTATOES			(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
POTATOES Baked, skin & flesh, 2V4-3V4" dia.	Size	161	(g) 0	Fats (g)	Fats (g)	(g) 4	(mg) 2	carotene (mcg)	(%DV)	(%DV)	+
POTATOES Baked, skin & flesh, 21/4-31/4" dia. Boiled, skin & flesh, 21/2" dia.	Size 1		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
POTATOES Baked, skin & flesh, 21/4-31/4" dia. Boiled, skin & flesh, 21/2" dia. Canned	Size 1	161	(g) 0	Fats (g)	Fats (g)	(g) 4	(mg) 2	carotene (mcg)	(%DV)	(%DV)	+
POTATOES  Baked, skin & flesh, 2½–3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin	Size  1 1 1	161 118	(g) 0 0	Fats (g) 0 0 Na	0 0 1	4 3	(mg) 2 1	10 3	(%DV) 2 0 4	27 29 10	+ 0
POTATOES  Baked, skin & flesh, 2½–3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, w/green beans & ham flavor	Size 1 1	161 118 80	0 0 0 2.5	Fats (g) 0 0	Fats (g) 0 0	(g) 4 3	(mg) 2 1	10 3	(%DV) 2 0	(% <b>DV</b> ) 27 29	+ 0 0
POTATOES  Baked, skin & flesh, 2½–3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin	1   1   1   1   2   C   1/2   C	161 118 80 30	0 0 0 2.5 0	O O Na O	0 0 1 0	(g) 4 3 1 <1	(mg) 2 1 1 1	10 3 0	2 0 4 2	27 29 10 8	+ 0 0 0
POTATOES  Baked, skin & flesh, 21/4-31/4" dia.  Boiled, skin & flesh, 21/2" dia.  Canned  Del Monte, au gratin  Del Monte, w/green beans & ham flavor  Del Monte, new potatoes, sliced  Frozen	1   1   1   1   2   C   1/2   C	161 118 80 30	0 0 0 2.5 0	O O Na O	0 0 1 0	(g) 4 3 1 <1	(mg) 2 1 1 1	10 3 0	2 0 4 2	27 29 10 8	+ 0 0 0
POTATOES  Baked, skin & flesh, 21/4-31/4" dia.  Boiled, skin & flesh, 21/2" dia.  Canned  Del Monte, au gratin  Del Monte, w/green beans & ham flavor  Del Monte, new potatoes, sliced	1 1 1 1/2 C 1/2 C 2/3 C	161 118 80 30 60	0 0 0 2.5 0	0 0 0 Na 0 0	0 0 1 0 0	4 3 1 <1 2	(mg) 2 1 1 0	10 3 0 0	2 0 4 2 2	27 29 10 8 15	+ 0 0 0 0
POTATOES  Baked, skin & flesh, 21/4-31/4" dia.  Boiled, skin & flesh, 21/2" dia.  Canned  Del Monte, au gratin  Del Monte, w/green beans & ham flavor  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style	1 1 1 ½ c ½ c ½ c 2/3 c	161 118 80 30 60	0 0 0 2.5 0 0	0 0 Na 0 0 Na	0 0 1 0 0	(g) 4 3 1 <1 2	(mg)  2 1 1 0 0	10 3 0 0	2 0 4 2 2	27 29 10 8 15 25	+ 0 0 0 0
POTATOES Baked, skin & flesh, 21/4-31/4" dia. Boiled, skin & flesh, 21/2" dia. Canned Del Monte, au gratin Del Monte, w/green beans & ham flavor Del Monte, new potatoes, sliced Frozen Birds Eye, roasted potatoes & broccoli	1 1 1 ½ c ½ c ½ c 2/3 c	161 118 80 30 60	0 0 0 2.5 0 0	0 0 Na 0 Na 0 Na 0	0 0 1 0 0 2	(g) 4 3 1 <1 2	(mg)  2 1 1 0 0 0	10 3 0 0 0	(%DV)  2 0 4 2 2 4 0	27 29 10 8 15 25 8	+ 0 0 0 0 0
POTATOES  Baked, skin & flesh, 21/4-31/4" dia.  Boiled, skin & flesh, 21/2" dia.  Canned  Del Monte, au gratin  Del Monte, w/green beans & ham flavor  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries	1 1 1 ½ c ½ c ½ c ½ c ½ c ½ c ½ c	161 118 80 30 60 100 50	0 0 0 2.5 0 0 0 4 0 4	0 0 Na 0	0 0 0 1 0 0 2 0	(g) 4 3 1 <1 2	(mig)  2 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0	(%DV)  2 0 4 2 2 4 0 0	27 29 10 8 15 25 8 8	+ 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2¼-3¼" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies	1 1 1 ½ c ½ c ½ c ½ c ½ c ¼ c ¾ c 18 pcs 1 c	161 118 80 30 60 100 50 130 60	0 0 0 2.5 0 0 0 4 0 4 0 0	0 0 Na 0 Na 0 Na 0 Na 0 Na 0	0 0 0 1 0 0 2 0 1 0	(g) 4 3 1 <1 2 1 1 2	(mig)  2 1 1 0 0 1 0 0 1 0	0 0 0 0 0 0	2 0 4 2 2 2 4 0 0	27 29 10 8 15 25 8 8 8	+ 0 0 0 0 0
POTATOES  Baked, skin & flesh, 21/4-31/4" dia.  Boiled, skin & flesh, 21/2" dia.  Canned  Del Monte, au gratin  Del Monte, w/green beans & ham flavor  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns	1 1 1/2 c 1/2 c 2/3 c 2/3 c 2/3 c 3/4 c 18 pcs 1 c 10 pcs	161 118 80 30 60 100 50 130 60 160	0 0 0 2.5 0 0 0 4 0 4 0 7	0 0 0 Na	0 0 0 1 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 1 2	(mig)  2 1 1 1 0 0 1 0 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0	(%DV)  2 0  4 2 2 4 0 0 0 0 0	27 29 10 8 15 25 8 8 8 6	+ 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2¼-3¼" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, mygreen beans & ham flavor  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut	1 1 1 ½ c ½ c ½ c 2/3 c 2/3 c 3/4 c 18 pcs 1 c 10 pcs 8 pcs	161 118 80 30 60 100 50 130 60 160 110	0 0 0 2.5 0 0 0 4 0 7 3	0 0 0 Na 0 Na 0 Na 0 Na Na Na Na Na Na	0 0 0 1 0 0 0 1 0 0 0 1 0 0 0 1 0 0 0 1 0 0 0 1 0 0 0 1 0	4 3 1 <1 2 1 2 1 2 2	(mig)  2 1 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0	2 0 4 2 2 2 4 0 0 0 0	27 29 10 8 15 25 8 8 8 6	+ 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2½-3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut  McCain, mash bites	1 1 1 ½ c ½ c ½ c 2/3 c 3/4 c 18 pcs 1 c 10 pcs 8 pcs 3 oz	161 118 80 30 60 100 50 130 60 160 110 170	0 0 0 2.5 0 0 0 4 0 7 3 7	Na O Na O Na Na Na Na Na Na	0 0 0 1 0 0 0 0 1 0 0 0 0 1 0 0 0 0 1 0	4 3 1 <1 2 1 2 1 2 2 2 2	(mig)  2 1 1 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0	2 0 4 2 2 2 4 0 0 0 0	27 29 10 8 15 25 8 8 6 8	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2½-3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, ew/green beans & ham flavor  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut  McCain, mash bites  McCain, Roasters All-American	% c 1/2 c 1/2 c 2/3 c 2/3 c 3/4 c 18 pcs 1 c 10 pcs 8 pcs 3 oz 3 oz 3 oz	161 118 80 30 60 100 50 130 60 160 110 170 120	0 0 0 2.5 0 0 0 4 0 7 3 7 3	Na O O Na O O Na O O Na O Na O Na O Na	0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 1 2 2 2	(mig)  2 1 1 0 0 0 1 1 1 1 1 <1 1 1 1 1 1	0 0 0 0 0 0 0 0 0	2 0 4 2 2 2 4 0 0 0 0 0	27 29 10 8 15 25 8 8 8 6 8 0 6	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2½-3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, ew/green beans & ham flavor  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut  McCain, mash bites  McCain, Roasters All-American  McCain, Roasters, French onion	% c 1/2 c 1/2 c 2/3 c 2/3 c 3/4 c 18 pcs 1 c 10 pcs 8 pcs 3 oz 3 oz 3 oz 3 oz 3 oz	161 118 80 30 60 100 50 130 60 110 170 120 110	0 0 0 2.5 0 0 0 4 0 0 7 3 7 3 3 3	Na O O Na O O Na O Na O Na O Na Na Na Na Na Na Na Na Na Na O Na O Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 1 2 2 2 2 2	(mig)  2 1 1 0 0 0 1 1 1 1 <1 <1 <1	0 0 0 0 0 0 0 0 0	2 0 4 2 2 2 4 0 0 0 0 0	27 29 10 8 15 25 8 8 8 6 8 0 6 8	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2½-3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut  McCain, mash bites  McCain, Roasters All-American  McCain, Roasters, French onion  McCain, Roasters, grilled garlic & onion	% c 1 1 1 1/2 c 1/2 c 1/2 c 2/3 c 3/4 c 18 pcs 1 c 10 pcs 8 pcs 3 oz 3 oz 3 oz 3 oz 3 oz	161 118 80 30 60 100 50 130 60 110 170 120 110	0 0 0 2.5 0 0 0 4 0 0 7 7 3 7 3 3 3 3 3	Na O O Na O O Na O Na O Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 2 2 2 2 2 2 2	(mig)  2 1 1 0 0 0 1 1 1 1 <1 <1 <1 <1	0 0 0 0 0 0 0 0 0 0	(%DV)  2 0 4 2 2 4 0 0 0 0 0 0 0 0	27 29 10 8 15 25 8 8 6 8 0 6 8 8	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2½-3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut  McCain, mash bites  McCain, Roasters All-American  McCain, Roasters, grilled garlic & onion  McCain, seasoned beer-battered wedges	% C 1/2 C 2/3 C 2/3 C 3/4 C 18 pcs 1 C 10 pcs 8 pcs 3 oz 3 o	161 118 80 30 60 100 50 130 60 160 110 170 120 110 120 140	0 0 0 2.5 0 0 0 4 0 0 7 3 7 3 3 3 7 7	Na O O Na O Na O Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 1 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 2 2 2 2 2 2 2 2	(mig)  2 1 1 0 0 1 1 1 1 <1 <1 <1 <1 <1	0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 0 4 2 2 4 0 0 0 0 0 0 0 0 0	27 29 10 8 15 25 8 8 6 8 0 6 8 8	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 2½-3½" dia.  Boiled, skin & flesh, 2½" dia.  Canned  Del Monte, au gratin  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, spud puppies  Cascadian Farm, wedge cut  McCain, mash bites  McCain, Roasters All-American  McCain, Roasters, French onion  McCain, Roasters, grilled garlic & onion  McCain, seasoned beer-battered wedges  McCain seasoned spirals	1 1 1 1/2 C 1/2 C 2/3 C 2/3 C 2/3 C 18 pcs 1 C 10 pcs 8 pcs 3 oz 3 o	161 118 80 30 60 100 50 130 60 160 110 170 120 110 120 140	0 0 0 2.5 0 0 0 4 0 7 7 3 7 7 3 3 3 7 7 7	Na O O Na O Na O Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 1 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 2 2 2 2 2 2 2 2 2	(mig)  2 1 1 0 0 1 1 1 1 <1 <1 <1 <1 <1 <1	0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 0 4 2 2 4 0 0 0 0 0 0 0 2	27 29 10 8 15 25 8 8 6 8 0 6 8 8	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
POTATOES  Baked, skin & flesh, 21/4-31/4" dia.  Boiled, skin & flesh, 21/2" dia.  Canned  Del Monte, au gratin  Del Monte, new potatoes, sliced  Frozen  Birds Eye, roasted potatoes & broccoli  Cascadian Farm, country style  Cascadian Farm, crinkle cut French fries  Cascadian Farm, hash browns  Cascadian Farm, by puppies  Cascadian Farm, wedge cut  McCain, mash bites  McCain, Roasters All-American  McCain, Roasters, French onion  McCain, Roasters, grilled garlic & onion  McCain, seasoned beer-battered wedges  McCain seasoned spirals  McCain seasoned wedges w/skin	1 1 1 1/2 C 1/2 C 2/3 C 2/3 C 2/3 C 18 pcs 1 C 10 pcs 8 pcs 3 oz 3 o	161 118 80 30 60 100 50 130 60 160 110 170 120 110 120 140 140	0 0 0 2.5 0 0 0 4 0 7 7 3 3 3 3 7 7 5 5	Na O O Na O Na O Na O Na Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 1 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0	(g) 4 3 1 <1 2 1 1 2 2 2 2 2 2 2 2 2 2 2	(mig)  2 1 1 0 0 0 1 1 1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1	0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  2 0 4 2 2 4 0 0 0 0 0 0 0 0 2 0	27 29 10 8 15 25 8 8 6 8 0 6 8 8 4 4	+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Mixes/Boxed-Betty Crocker											
Au gratin	1/2 C	100	1.5	Na	1	1	2	15*	2	0	0
Butter & herb mash	1/2 C	90	1	Na	1	1	1	0	0	0	0
Cheddar & bacon	2/3 C	100	1.5	Na	1	1	1	Na	2	0	0
Delux cheesy cheddar	2/3 C	130	4.5	Na	2.5	1	2	Na	6	0	0
Delux creamy scallop	1/2 C	140	4.5	Na	2.5	1	2	Na	4	0	0
Hash browns, Seasoned Skillets	1/2 C	90	0.5	0	0	2	0	Na	0	0	0
Homestyle cheesey scalloped	2/3 C	100	1.5	0	1	2	1	Na	2	0	0
Homestyle creamy butter mash	1/2 C	90	1	0	1	1	1	Na	0	0	0
Julienne	1/s C	90	1	0	0	1	2	Na	2	0	0
Roasted garlic scalloped	2/3 C	90	1.5	0	1	1	1	Na	0	0	0
Specialty scalloped	1/2 C	90	1	0	1	1	1	Na	2	0	0
Specialty sour cream & chives scalloped	2/3 C	100	1	0	0.5	1	1	Na	2	0	0
Mixes/Boxed-Idahoan											
Hash browns, mix	1/3 C	90	0.5	0	0	1	0	Na	2	2	0
Mashed 4 cheese, mix	1/4 C	100	2.5	Na	1	1	2	Na	4	15	0
Mashed herb & butter, mix	V4 C	110	2.5	Na	1	1	2	Na	2	15	0
Mashed homestyle, mix	V4 C	110	2.5	Na	1	1	2	Na	2	10	0
Mashed, original, mix	1/3 C	80	0	0	0	2	0	Na	0	6	0
POTATO CHIPS											
Herrs											
Bacon & horseradish	1 oz	160	10	Na	1.5	1	0	0	0	0	0
BBQ	1 oz	150	10	Na	3	i	4	ō	0	ō	ō
Ketchup	1 oz	150	10	Na	2.5	i	3	ō	ō	ō	ō
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Kettle cooked, jalapeno	Size 1 oz	160	(g) 10	Fats (g) Na	Fats (g) 2.5	(g)	(mg) 3	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	0,+,++)
Kettle cooked, jalapeno Sour cream & onion	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Kettle cooked, jalapeno Sour cream & onion Lay's	l oz l oz	160 150	(g) 10 10	Fats (g) Na Na	2.5 3	(g) 1 1	(mg) 3 3	carotene (mcg) 0 0	(% <b>DV</b> ) 0 0	(% <b>DV)</b> 0 0	0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream	l oz l oz l oz	160 150	(g) 10 10 3.5	Fats (g) Na Na Na	2.5 3	(g) 1 1	(mg) 3 3	0 0 0	(% <b>DV</b> ) 0 0	0 0 0	0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps	l oz l oz l oz l oz l oz	160 150 120 110	(g) 10 10 3.5 1.5	Na Na Na Na Na	2.5 3 1 0	(g) 1 1 2 2	(mg) 3 3 3	0 0 0 0	0 0 2 4	0 0 2 2	0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno	l oz l oz l oz l oz l oz l oz	160 150 120 110 140	10 10 10 3.5 1.5 8	Na Na Na Na Na Na 4.5	2.5 3 1 0 1	(g) 1 1 2 2 1	(mg) 3 3 3 2 0	0 0 0 0 0 0	0 0 0 2 4 0	0 0 2 2 10	0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ	l oz l oz l oz l oz l oz l oz l oz	160 150 120 110 140 140	(g) 10 10 3.5 1.5 8	Na Na Na Na Na 4.5 4.5	2.5 3 1 0 1 1	(g) 1 1 2 2 1 <1	(mg) 3 3 2 0	0 0 0 0 0 0 0	0 0 2 4 0 0	0 0 2 2 10 10	0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original	l oz l oz l oz l oz l oz l oz l oz l oz	160 150 120 110 140 140 150	(g) 10 10 3.5 1.5 8 8	Na Na Na Na Na 4.5 4.5 4.5	2.5 3 1 0 1 1 1	(g) 1 1 2 2 1 <1	(mg) 3 3 2 0 1	0 0 0 0 0 0 0 0	0 0 2 4 0 0	0 0 2 2 10 10	0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	160 150 120 110 140 140 150	(g) 10 10 3.5 1.5 8 8 8	Na Na Na Na Na 4.5 4.5 4.5 Na	2.5 3 1 0 1 1 1 1	(g) 1 1 2 2 1 <1 1 1 1	(mg) 3 3 2 0 1 0	0 0 0 0 0 0 0 0 0	0 0 0 2 4 0 0 0	0 0 0 2 2 10 10 10	0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	160 150 120 110 140 140 150 150	(g) 10 10 3.5 1.5 8 8 8 9	Na Na Na Na Na 4.5 4.5 4.5 Na Na	2.5 3 1 0 1 1 1 1 2.5	(g) 1 1 2 2 1 <1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1	0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 2 4 0 0 0 0	0 0 0 2 2 10 10 10 10 2	(0,+,++) 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	160 150 120 110 140 140 150 150 150	(g) 10 10 3.5 1.5 8 8 8 9 10	Na Na Na Na Na 4.5 4.5 4.5 Na Na Na	2.5 3 1 0 1 1 1 1 2.5 2.5	(g) 1 1 2 2 1 <1 1 1 1 1 1 1	(mg) 3 3 2 0 1 0 1 1 2	0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 2 4 0 0 0 2 2 2 2 2	0 0 0 2 2 10 10 10 10 2 0	(0,+,++) 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, driginal	1 oz	160 150 120 110 140 140 150 150 150 150	3.5 1.5 8 8 8 9 10 9	Na Na Na Na A.5 4.5 4.5 Na Na Na Na	2.5 3 1 0 1 1 1 1 2.5 2.5 2.5	(g) 1 1 2 2 1 <1 1 1 1 1 1 1	(mg) 3 3 2 0 1 0 1 1 2 1	0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 2 0	0 0 0 2 2 10 10 10 10 2 0 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, chidden Valley ranch Stax, original Stax, salt & vinegar	1 oz	160 150 120 110 140 140 150 150 150 160 150	(g) 10 10 3.5 1.5 8 8 8 9 10 9	Na Na Na Na Na 4.5 4.5 4.5 Na Na Na Na Na	2.5 3 1 0 1 1 1 1 2.5 2.5 2.5 2.5	(g) 1 1 2 2 1 <1 1 1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1 2 1 2	0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 2 0 2	0 0 0 2 2 10 10 10 10 2 0 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin	loz loz loz loz loz loz loz loz loz loz	160 150 120 110 140 140 150 150 150 160 150	3.5 1.5 8 8 9 10 9	Na Na Na Na Na 4.5 4.5 4.5 Na Na Na Na Na Na	2.5 3 1 0 1 1 1 1 2.5 2.5 2.5 2.5 1	(g) 1 1 2 2 1 <1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1	0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 4 0 0 0 2 2 0 2 0	0 0 0 2 2 10 10 10 10 2 0 2 2 10	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ	1 oz	160 150 120 110 140 140 150 150 150 160 150	(g) 10 10 3.5 1.5 8 8 8 9 10 9	Na Na Na Na Na 4.5 4.5 4.5 Na Na Na Na Na	2.5 3 1 0 1 1 1 1 2.5 2.5 2.5 2.5	(g) 1 1 2 2 1 <1 1 1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1 2 1 2	0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 2 0 2	0 0 0 2 2 10 10 10 10 2 0 2 2	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ Pringles	loz loz loz loz loz loz loz loz loz loz	160 150 120 110 140 140 150 150 150 150 150 150	3.5 1.5 8 8 9 10 9 10 9	Na Na Na Na A.5 4.5 4.5 Na Na Na Na Na Na Sa Sa Sa Sa Sa Sa Sa Sa Sa Sa Sa Sa Sa	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1	(g) 1 1 2 2 1 <1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1 <1	0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 4 0 0 0 0 0 0 0 0 0	0 0 0 2 2 10 10 10 10 2 0 2 2 10 8	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ Pringles Chili cheese	loz loz loz loz loz loz loz loz loz loz	160 150 120 110 140 140 150 150 150 150 150 150	3.5 1.5 8 8 9 10 9 10 9	Na Na Na Na A.5 4.5 4.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1	(g) 1 1 2 2 1 <1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1 1	0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 4 0 0 0 0 0 0 0 0 0	0 0 0 2 2 10 10 10 10 2 2 2 10 8	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ Pringles Chili cheese Jalapeno	1 oz	160 150 120 110 140 140 150 150 150 150 150 150 150	3.5 1.5 8 8 9 10 9 10 9 10 9	Na Na Na Na A.5 4.5 4.5 A.5 Na Na Na Na Na Na Na Na Na Na Na Na Na	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1	(g) 1 1 2 2 1 <1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) 3 3 3 2 0 1 0 1 1 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 2 0 0 0 0 0 0 0 0 0	0 0 0 2 2 10 10 10 10 2 0 2 2 10 8	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ Pringles Chili cheese Jalapeno Loaded baked potato	1 oz	160 150 120 110 140 140 150 150 150 150 150 150 150	3.5 1.5 8 8 9 10 9 10 9 10 9	Na Na Na A.5 A.5 Na	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1 1	Columbia   Columbia	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 0 0 0 0 0 0 0 0 0 0	0 0 0 2 2 10 10 10 10 2 0 2 2 10 8	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ Pringles Chili cheese Jalapeno Loaded baked potato Pizza	1 oz	160 150 120 110 140 140 150 150 150 150 150 150 150 150	(g) 10 10 3.5 1.5 8 8 9 10 9 10 9 10 9	Na Na Na A.5 4.5 Na	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1 3 3 3	Columbia   Columbia	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 0 0 0 0 2 2 0 2 0 0 0 0	0 0 0 2 2 10 10 10 10 2 2 2 10 8 6 6 6	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, jalapeno Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, chidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, au gratin Wavy, hickory BBQ Pringles Chili cheese Jalapeno Loaded baked potato Pizza Original	1 oz	160 150 120 110 140 140 150 150 150 150 150 150 150 150 150 15	(g) 10 10 3.5 1.5 8 8 9 10 9 10 9 10 10 10	Na N	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1 3 3 3 3	Columbia   Columbia	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 0 0 0 0 0 2 0 0 0 0	0 0 0 2 2 10 10 10 10 2 0 2 2 10 8	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Kettle cooked, jalapeno Sour cream & onion Lay's Baked, cheddar & sour cream Baked, original crisps Kettle cooked, jalapeno Kettle cooked, mesquite BBQ Kettle cooked, original Natural thick cut country BBQ Stax, cheddar flavored Stax, Hidden Valley ranch Stax, original Stax, salt & vinegar Wavy, au gratin Wavy, hickory BBQ Pringles Chili cheese Jalapeno Loaded baked potato Pizza	1 oz	160 150 120 110 140 140 150 150 150 150 150 150 150 150	(g) 10 10 3.5 1.5 8 8 9 10 9 10 9 10 9	Na Na Na A.5 4.5 Na	2.5 3 1 0 1 1 1 2.5 2.5 2.5 2.5 1 1 3 3 3	Columbia   Columbia	(mg) 3 3 3 2 0 1 0 1 1 2 1 2 <1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV) 0 0 0 2 4 0 0 0 2 2 0 0 0 0 2 2 0 2 0 0 0 0	0 0 0 2 2 10 10 10 10 2 2 2 10 8 6 6 6	(0,+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Wise											
BBQ flavored	1 oz	150	10	Na	3	1	4	0	0	10	0
Chipotle flavored	1 oz	150	10	Na	2	1	<1	0	0	10	0
Kettle cooked, jalapeno	1 oz	140	8	Na	2.5	1	0	0	0	10	0
Kettle cooked, natural	1 oz	150	9	Na	2.5	1	0	0	0	10	0
Original flat cut	1 oz	150	10	Na	3	1	0	0	0	10	0
PRETZELS											
Bachman											
Butter twists	1 oz	110	1	0	0	1	1	Na	0	0	0
Classic twist	1 oz	100	1	0	0	i	1	Na	0	0	o
Nutzels	1 oz	110	i	ŏ	ō	i	i	Na	ŏ	ŏ	ō
Peanut butter pretzels	1 oz	160	8	Na	1.5	i	2	Na	0	ō	ō
Sourdough bites	1 oz	110	1	0	0	i	1	Na	0	0	ō
Wheat & honey pretzelmack	1 oz	110	i	0	0	i	2	Na	0	0	o
Herr's	102	110				•	-	144			·
Bite size hard	1 oz	100	0	0	0	2	0	Na	0	0	0
Chocolate covered rods	7/10 OZ	90	2.5	Na	2	ó	5	Na	2	0	o
Extra dark specials	1 oz	110	1	0	0	2	2	Na	2	0	ő
Honey wheat	1 oz	110	2	Na	0	2	3	Na	ő	0	o
Peanut butter filled		160	8	Na	1.5	1	2	Na	0	0	0
	10 pcs			Na	0	2	0	Na	0	0	0
Specials Rold Gold	11/2 <b>oz</b>	170	2	Na	U	2	0	IVa	0	U	U
		110						N-			
Cheddar tiny twists	1 oz	110	1	0	0	1	<1	Na	0	0	0
Classic rods	1 oz	110	1	0	0	1	1	Na	0	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
		Calories 100	Total Fat (g) 0			Fiber (g)					
Fat-free tiny twists	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Fat-free tiny twists Hard sourdough	Size 1 oz	100	(g) 0	Fats (g)	Fats (g) O	(g) 1	(mg) <1	carotene (mcg) Na	(% <b>DV</b> )	(% <b>DV</b> )	0,+,++)
Fat-free tiny twists Hard sourdough Honey mustard tiny twists	1 oz 1 oz	100 100	(g) 0 0.5	Fats (g) 0 0	Fats (g) 0 0	(g) 1 1	(mg) <1 <1	carotene (mcg) Na Na	(% <b>DV)</b> 0 0	(% <b>DV</b> ) 0 0	0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover	Size 1 oz 1 oz 1 oz	100 100 110	0 0.5 1	0 0 0 0	0 0 0 0	(g) 1 1 1	(mg) <1 <1 1	Na Na Na Na	(% <b>DV</b> ) 0 0 0	(% <b>DV</b> ) 0 0 0	0,+,++) 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps	Size 1 oz 1 oz 1 oz 1 oz	100 100 110	0 0.5 1	0 0 0 0	0 0 0 0	(g) 1 1 1	(mg) <1 <1 1	Na Na Na Na Na	0 0 0 0	0 0 0 0	0,+,++)
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks	l oz l oz l oz l oz l oz l oz	100 100 110 120 120	0 0.5 1	Pats (g) 0 0 0 0 Na	0 0 0 0 0	(g) 1 1 1 1 2	(mg) <1 <1 1 <1 4	Na Na Na Na Na Na	0 0 0 0	0 0 0 0	0,+,++)
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard	l oz l oz l oz l oz l oz l oz l oz l oz	100 100 110 120 120 100	(g) 0 0.5 1 1 2 0	0 0 0 0 Na 0	0 0 0 0 0 0	(g) 1 1 1 1 2	(mg) <1 <1 1 <1 4 0	Na Na Na Na Na Na Na Na	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks	l oz l oz l oz l oz l oz l oz	100 100 110 120 120	0 0.5 1	Pats (g) 0 0 0 0 Na	0 0 0 0 0	(g) 1 1 1 1 2	(mg) <1 <1 1 <1 4	Na Na Na Na Na Na	0 0 0 0	0 0 0 0	0,+,++)
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 100 110 120 120 100 120	0 0.5 1 2 0 2	O O O Na O Na	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3	(mg) <1 <1 1 <1 4 0 3	Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 0 2	0 0 0 0 0 0 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 100 110 120 120 100 120	(g) 0 0.5 1 1 2 0 2	0 0 0 0 Na 0 Na Na	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3	(mg) <1 <1 1 <1 4 0 3	Na Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 2	0 0 0 0 0 0 2	0.+.++) 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	100 100 110 120 120 100 120	0 0.5 1 2 0 2 3.5 3.5	0 0 0 Na 0 Na Na Na	0 0 0 0 0 0 0 0 1.5 1.5	(g) 1 1 1 1 2 1 3 1 1	(mg) <1 <1 1 <1 4 0 3 0 1	Na Na Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 2	0 0 0 0 0 0 2	0.+.++) 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza	1 oz 2 0 z 2 2 2	100 100 110 120 120 100 120 130 130	0 0.5 1 2 0 2 3.5 3.5 2	0 0 0 Na 0 Na Na Na 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 1.5 1.5 2	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg) <1 <1 1 <1 4 0 3 0 1 1	Na Na Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 2 8 6 6	0 0 0 0 0 0 0 2	0.+.++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt	1 oz 2 0 z 2 2 2 1	100 100 110 120 120 100 120 130 130 130	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1	0 0 0 Na 0 Na Na Na 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 1.5 1.5 2 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg)  <1 <1 1  <1 4 0 3  0 1 1 1	Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 2 8 6 6	0 0 0 0 0 0 0 0 0 0 0 0 0	0.+,++)
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 2 2 2 1 5 pcs	100 100 110 120 120 100 120 130 130 130 160 150	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5	0 0 0 Na 0 Na Na Na 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg)  <1 <1 1  <1 4 0 3  0 1 1 1 1 1	Na N	0 0 0 0 0 0 2 8 6 6 0	0 0 0 0 0 0 0 2 0 0 0 0	0.+,++) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix	1 oz 2 0 z 2 2 2 1	100 100 110 120 120 100 120 130 130 130	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1	0 0 0 Na 0 Na Na Na 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 1.5 1.5 2 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	(mg)  <1 <1 1  <1 4 0 3  0 1 1 1	Na Na Na Na Na Na Na Na Na Na Na Na	0 0 0 0 0 0 2 8 6 6	0 0 0 0 0 0 0 0 0 0 0 0 0	0.+,++)
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 2 2 2 2 1 5 pcs 2	100 100 110 120 120 100 120 130 130 150 150	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3	0 0 0 Na 0 Na Na 0 0 Na	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mig)  <1 <1 <1 4 0 3 0 1 1 1 1 1	Na N	0 0 0 0 0 0 2 8 6 6 6 0 0	0 0 0 0 0 0 2 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 2 2 2 2 1 5 pcs 2	100 100 110 120 120 100 120 130 130 130 150 130	0 0 0.5 1 1 2 0 2 2 3.5 3.5 2 1 0.5 3 0 0	0 0 0 Na 0 Na Na 0 0 Na 0 0 Na 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mig)  <1 <1 1  <1 4 0 3  0 1 1 1 1 27	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic Sunsweet bite size or whole prunes	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 2 2 2 2 1 5 pcs 2 8 oz 1.5 oz	100 100 110 120 120 100 120 130 130 130 150 130	0 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3 0 0 0	0 0 0 Na 0 Na Na 0 0 Na 0 0 Na 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 1 3 3	(mig) <1 <1 1 <1 4 0 3 0 1 1 1 1 27 12	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4	0 0 0 0 0 0 0 2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, peperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic Sunsweet bite size or whole prunes Sunsweet ready to serve	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 2 c 2 c 2 c 1 5 pcs 2 c 8 oz 1.5 oz 2/3 c	100 100 110 120 120 100 120 130 130 150 150 170 100 150	0 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3 0 0 0 0	0 0 0 Na 0 Na Na 0 0 Na 0 0 Na 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(mig) <1 <1 1 <1 4 0 3 0 1 1 1 1 1 27 12 24	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4	0 0 0 0 0 0 2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic Sunsweet bite size or whole prunes Sunsweet ready to serve Sunsweet, juice w/ or w/o pulp	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 2 2 2 2 1 5 pcs 2 8 oz 1.5 oz	100 100 110 120 120 100 120 130 130 130 150 130	0 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3 0 0 0	0 0 0 Na 0 Na Na 0 0 Na 0 0 Na 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 1 3 3	(mig) <1 <1 1 <1 4 0 3 0 1 1 1 1 27 12	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4	0 0 0 0 0 0 0 2 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, prozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic Sunsweet bite size or whole prunes Sunsweet ready to serve Sunsweet, juice w/ or w/o pulp PUDDING	1 oz	100 100 110 120 120 100 120 130 130 130 150 150 150 150 180	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3 0 0 0	Na Na Na O Na O Na O Na O Na O Na O Na	0 0 0 0 0 0 1.5 1.5 2 0 0 1.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 3 3 3 3 3	(mig) <1 <1 1 <1 4 0 3 0 1 1 1 1 27 12 24 18	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4 4 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, mozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic Sunsweet bite size or whole prunes Sunsweet ready to serve Sunsweet, juice w/ or w/o pulp PUDDING Handi-Snacks, banana or vanilla	1 oz	100 100 110 120 120 100 120 130 130 130 150 150 150 180	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3 0 0 0 0 1	Na Na Na O Na O Na O Na O Na O Na O Na	0 0 0 0 0 0 0 1.5 1.5 2 0 0 0 1.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 1 1 2 1 3 3 3 3 3 0 0	(mig)  <1 <1 1  <1 4 0 3  0 1 1 1 1 27 12 24 18	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4 4 2 2 2	(%DV) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Fat-free tiny twists Hard sourdough Honey mustard tiny twists Snyders of Hanover Butter snaps Honey wheat sticks Sourdough hard 12-grain sticks Superpretzel—Frozen Pretzelfils, prozzarella Pretzelfils, pepperjack Pretzelfils, pizza Soft pretzel, w/o added salt Soft pretzel bites w/o added salt Softstix PRUNES/PRUNE BEVERAGE Knudsen, juice, organic Sunsweet bite size or whole prunes Sunsweet ready to serve Sunsweet, juice w/ or w/o pulp PUDDING	1 oz	100 100 110 120 120 100 120 130 130 130 150 150 150 150 180	(g) 0 0.5 1 1 2 0 2 3.5 3.5 2 1 0.5 3 0 0 0	Na Na Na O Na O Na O Na O Na O Na O Na	0 0 0 0 0 0 1.5 1.5 2 0 0 1.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 1 1 1 1 2 1 3 1 1 1 1 1 1 3 3 3 3 3	(mig) <1 <1 1 <1 4 0 3 0 1 1 1 1 27 12 24 18	Na N	(%DV) 0 0 0 0 0 2 8 6 6 0 0 4 4 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Handi-Snacks, double fudge, rocky road	3.5 oz	100	1	0	1	1	17	Na	2	0	0
Handi-Snacks, rice	3.5 oz	140	6	Na	1	0	11	Na	8	0	0
Jell-O											
Banana cream, cook & serve	1/2 C	80	0	0	0	0	15	Na	0	0	0
Banana cream, instant	1/2 C	90	0	0	0	0	18	Na	0	0	0
Butterscotch, instant	1/2 <b>C</b>	90	0	0	0	0	18	Na	0	0	0
Cheesecake, instant	1/2 <b>C</b>	100	0	0	0	0	20	Na	0	0	0
Chocolate, cook & serve	1/2 C	90	0	0	0	1	15	Na	0	0	0
Chocolate, cook & serve, sugar free	1/2 C	30	0	0	0	1	0	Na	0	0	0
Chocolate fudge, sugar & fat free	1/2 C	30	0	0	0	1	0	Na	0	0	0
Coconut cream, cook & serve	1/2 C	90	2.5	0	2.5	1	14	Na	0	0	0
Lemon, instant	1/2 C	90	0	0	0	0	19	Na	0	0	0
Mixed berry, Smoothie Snack	1 serv	100	2.5	Na	1.5	0	15	Na	2	0	0
Pistachio, instant	1/2 C	100	0.5	0	0	0	18	Na	0	0	0
Vanilla, cook & serve	1/2 C	80	0	0	0	0	16	Na	0	0	0
Uncle Ben's, cinnamon & raisin rice											
pudding	1/2 C	160	1	0	0	0	15	Na	2	0	0
PUMPKIN											
Fresh, cooked, no salt, mashed	1 c	49	0	0	0	3	2	5135	3	19	0
Seeds, kernels, roasted, no salt	1 oz	147	12	3.5	2	1	0	63	1	0	0
Seeds, whole, roasted, no salt	1 oz	126	5	1.5	1	0	0	0	1	0	0
PUNCH											
Hi-C Crazy Citrus, Orange Lavaburst	200 mL	100	0	0	0	0	25	0	0	100	0
Hi-C Boppin' Strawberry, Lemonade	200 mL	100	()	0 Good	0 Rad	0 Eibar	26	0 Reta-	0 Calcium	100	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vil. (0,+,++)
Food Hi-C Blast, Berry Blue	Portion Size 8 OZ	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food  Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow	Portion Size 8 oz 1 bottle	Calories 120 180	Total Fat (g) 0 0	Good Fats (g) 0	Bad Fats (g) 0	Fiber (g) 0	Sugars (mg) 31 45	Beta- carotene (mcg) Na Na	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Food  Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch	Portion Size 8 oz 1 bottle 200 mL	120 180 100	Total Fat (g) 0 0 0	Good Fats (g) 0 0	Bad Fats (g) 0 0	Fiber (g) 0 0	Sugars (mg) 31 45 25	Beta- carotene (mcg) Na Na Na	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++ 0 0
Food  Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch	Portion Size 8 oz 1 bottle	Calories 120 180	Total Fat (g) 0 0	Good Fats (g) 0	Bad Fats (g) 0	Fiber (g) 0	Sugars (mg) 31 45	Beta- carotene (mcg) Na Na	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++ 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape,	Portion Size 8 oz 1 bottle 200 mL 8 oz	120 180 100 60	Total Fat (g) 0 0 0 0	Good Fats (g) 0 0 0	Bad Fats (g) 0 0 0	0 0 0 0	Sugars (mg) 31 45 25 16	Beta- carotene (mcg) Na Na Na O	Calcium (%DV) 0 0 0	Vit. C (%DV) 100 100 100	B vit. (0,+,++ 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton	Portion Size 8 oz 1 bottle 200 mL 8 oz 8 oz	120 180 100 60	Total Fat (g) 0 0 0 0	Good Fats (g) 0 0 0 0	Bad Fats (g) 0 0 0 0	0 0 0 0 0	Sugars (mg) 31 45 25 16	Beta- carotene (mcg)  Na  Na  Na  O	Calcium (%DV) 0 0 0 0	Vit. C (%DV) 100 100 100 10	B vit. (0,+,++ 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton	Portion Size 8 oz 1 bottle 200 ml 8 oz 8 oz 8 oz	120 180 100 60 120 110	Total Fat (g) 0 0 0 0 0	Good Fats (g) 0 0 0 0	Bad Fats (g) 0 0 0 0	Fiber (g)  0 0 0 0 0 0 0	Sugars (mg) 31 45 25 16 31 29	Beta- carotene (mcg)  Na  Na  Na  Na  O  O  Na	Calcium (%DV)  0  0  0  0  0  0	Vit. C (%DV) 100 100 100 10 0	B vit. (0,+,++ 0 0 0 0
Food  Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch	Portion Size  8 oz 1 bottle 200 mL 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	120 180 100 60 120 110 130	Total Fat (g) 0 0 0 0 0	Good Fats (g) 0 0 0 0 0 0 0	Bad Fats (g)  0  0  0  0  0  0  0	Fiber (g)  0  0  0  0  0  0  0	Sugars (mg) 31 45 25 16 31 29 32	Beta- carotene (mcg)  Na  Na  Na  O  O  Na  Na	Calcium (%DV)  0  0  0  0  0  0  0	Vit. C (%DV) 100 100 100 100 0 0 100	B vit. (0,+,++ 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods)	Portion Size  8 oz 1 bottle 200 mL 8 oz 8 oz 8 oz 8 oz 8 oz 9 oz	120 180 100 60 120 110 130 180	Total Fat (g) 0 0 0 0 0 0 0	Good Fats (g) 0 0 0 0 0	Bad Fats (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	Fiber (g)  0  0  0  0  0  11	Sugars (mg) 31 45 25 16 31 29 32 2	Beta- carotene (mcg)  Na  Na  Na  O  O  Na  Na  O	Calcium (%DV)  0 0 0 0 0 0 0 2	Vit. C (%DV) 100 100 100 10 0 0 100 0	B vit. (0,+,++ 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices	Portion Size  8 oz 1 bottle 200 mL 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	120 180 100 60 120 110 130	Total Fat (g) 0 0 0 0 0	Good Fats (g) 0 0 0 0 0 0 0	Bad Fats (g)  0  0  0  0  0  0  0	Fiber (g)  0  0  0  0  0  0  0	Sugars (mg) 31 45 25 16 31 29 32	Beta- carotene (mcg)  Na  Na  Na  O  O  Na  Na	Calcium (%DV)  0  0  0  0  0  0  0	Vit. C (%DV) 100 100 100 100 0 0 100	B vit. (0,+,++ 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS	Portion Size  8 oz 1 bottle 200 mL 8 oz  8 oz 8 oz 8 oz 9 oz 1 v4 c 1/2 c	120 180 100 60 120 110 130 180 9	Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Bad Fats (g) 0 0 0 0 0	0 0 0 0 0 0 0 1 1	Sugars (mg) 31 45 25 16 31 29 32 2	Beta- carotene (mcg)  Na Na Na O  O  Na Na O	Calcium (%DV)  0  0  0  0  0  0  2  0	Vit. C (%DV)  100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 + 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole	Portion Size  8 oz 1 bottle 200 mL 8 oz 8 oz 8 oz 8 oz 9 v4 c 1/2 c	120 180 100 60 120 110 130 180 9	Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0	Good Fats (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	Bad Fats (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	0 0 0 0 0 0 0 11 1 1 2	Sugars (mg) 31 45 25 16 31 29 32 2 1	Beta- carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 0 2 0	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 + 0 +
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking	8 oz 1 bottle 200 ml. 8 oz 8 oz 8 oz 8 oz 8 oz 9 ½ c ½ c	120 180 100 60 120 110 130 180 9	Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Bad Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Fiber (g)  0 0 0 0 0 0 11 1	Sugars (mg) 31 45 25 16 31 29 32 2 1	Beta- carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 0	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 + 0 + +
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered	8 oz 1 bottle 200 ml. 8 oz 8 oz 8 oz 8 oz 9 d c 1/2 c 1/4 c	120 180 100 60 120 110 130 180 9	Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 Na	Bad Fats (g)  0  0  0  0  0  0  0  0  0  0  0  0  4	Fiber (g)  0 0 0 0 0 0 11 1 2 2 1	Sugars (mg) 31 45 25 16 31 29 32 2 1	Beta- carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 0 2 2 4	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt	8 oz 1 bottle 200 ml. 8 oz 8 oz 8 oz 8 oz 8 oz 9 ½ c ½ c ¼ c ½ c	120 180 100 60 120 110 130 180 9 130 110 170 120	Total Fat (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 Na Na	Bad Fats (g)  0  0  0  0  0  0  0  0  0  0  4  3.5	Fiber (g)  0 0 0 0 0 0 11 1 2 2 1 1	Sugars (mg)  31 45 25 16 31 29 32 2 1 29 25 19	Beta- carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 2 2 4 4	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt Sun-Maid, golden or regular	8 oz 1 bottle 200 ml. 8 oz 8 oz 8 oz 8 oz 9 oz 1/2 c 1/2 c 1/4 c 1	120 180 100 60 120 110 130 180 9 130 110 170 120 130	Total Fat (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 Na Na Na 0	Bad Fats (g)  0  0  0  0  0  0  0  0  0  4  3.5  0	Fiber (g)  0 0 0 0 0 0 11 1 2 2 1 1 2	Sugars (mg)  31 45 25 16 31 29 32 2 1 29 25 19 29	Beta-carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 2 4 4 2	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt Sun-Maid, golden or regular Sun-Maid, vanilla yogurt	8 oz 1 bottle 200 ml. 8 oz 8 oz 8 oz 8 oz 8 oz 9	120 180 100 60 120 110 130 180 9 130 110 170 120 130 130	Total Fat (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 6 4 0 5	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 Na Na Na 0 Na	Bad Fats (g)  0  0  0  0  0  0  0  0  0  4  3.5  0  4	Fiber (g)  0 0 0 0 0 11 1 2 1 1 2 1	Sugars (mg) 31 45 25 16 31 29 32 2 1 29 25 25 19 29 19	Beta-carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 0 2 2 4 4 2 4	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt Sun-Maid, golden or regular Sun-Maid, vanilla yogurt RASPBERRIES, raw, red	8 oz 1 bottle 200 mL 8 oz 8 oz 8 oz 8 oz 9 v4 c 1/2 c 1/4 c	120 180 100 60 120 110 130 180 9 130 110 170 120 130 64	Total Fat (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 5 1	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 Na Na 0 Na 0	Bad Fats (g)  0  0  0  0  0  0  0  0  0  4  3.5  0  4  0	Fiber (g)  0  0  0  0  0  11  1  2  1  2  1  28	Sugars (mg) 31 45 25 16 31 29 32 2 1 29 25 25 19 29 19 5	Beta-carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 0 2 2 4 4 2 4 3	Vit. c (% DV) 100 100 100 0 100 0 100 0 14 0 0 0 0 2 53	B vit. (0,+,++) 0 0 0 0 0 0 0 + 0 0 + + + + + + + 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt Sun-Maid, golden or regular Sun-Maid, vanilla yogurt	8 oz 1 bottle 200 ml. 8 oz 8 oz 8 oz 8 oz 8 oz 9	120 180 100 60 120 110 130 180 9 130 110 170 120 130 130	Total Fat (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 6 4 0 5	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 0 Na Na Na 0 Na	Bad Fats (g)  0  0  0  0  0  0  0  0  0  4  3.5  0  4	Fiber (g)  0 0 0 0 0 11 1 2 1 1 2 1	Sugars (mg) 31 45 25 16 31 29 32 2 1 29 25 25 19 29 19	Beta-carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 0 2 2 4 4 2 4	Vit. c (%DV) 100 100 100 10 0 0 100 0 14	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt Sun-Maid, golden or regular Sun-Maid, vanilla yogurt RASPBERRIES, raw, red Cascadian Farm, organic, frozen	8 oz 1 bottle 200 mL 8 oz 8 oz 8 oz 8 oz 9 v4 c 1/2 c 1/4 c	120 180 100 60 120 110 130 180 9 130 110 170 120 130 64	Total Fat (g)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 5 1	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 0 Na Na 0 Na 0	Bad Fats (g)  0  0  0  0  0  0  0  0  0  4  3.5  0  4  0	Fiber (g)  0  0  0  0  0  11  1  2  1  2  1  28	Sugars (mg) 31 45 25 16 31 29 32 2 1 29 25 25 19 29 19 5	Beta-carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 0 2 2 4 4 2 4 3	Vit. c (% DV) 100 100 100 0 100 0 100 0 14 0 0 0 0 2 53	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Hi-C Blast, Berry Blue Hi-C Blast, Fruit Pow Hi-C Blast, Fruit Pow Hi-C Blast, orange, pouch Kool-Aid mix, tropical punch Minute Maid, berry, citrus, grape, carton Minute Maid, tropical, carton Tropicana fruit punch QUINOA (Eden Foods) RADISHES, raw, slices RAISINS Dole Sun-Maid, baking Sun-Maid, chocolate covered Sun-Maid, chocolate yogurt Sun-Maid, golden or regular Sun-Maid, vanilla yogurt RASPBERRIES, raw, red Cascadian Farm, organic, frozen RED BEANS	8 oz 8 oz 8 oz 8 oz 8 oz 9 v4 c 1/4 c 1/4 c 1/4 c 1/4 c	120 180 100 60 110 130 180 9 130 110 170 120 130 64 60	Total Fat (g)  0 0 0 0 0 0 0 0 0 0 0 0 6 4 0 5 1 0	Good Fats (g)  0 0 0 0 0 0 0 0 0 0 Na Na 0 Na 0 0	Bad Fats (g)  0 0 0 0 0 0 0 0 0 0 4 3.5 0 4 0 0	Fiber (g)  0 0 0 0 0 11 1 2 1 1 2 1 28 6	Sugars (mg) 31 45 25 16 31 29 32 2 1 29 25 25 19 29 19 5 6	Beta- carotene (mcg)  Na Na Na O  O  Na Na O  O  O  O  O  O  O  O  O  O  O  O  O	Calcium (%DV)  0 0 0 0 0 0 2 0 2 4 4 2 4 3 2	Vit. c (% DV) 100 100 100 0 100 0 100 0 14 0 0 0 0 2 53 35	B vit. (0,+,++) 0 0 0 0 0 0 0 + 0 0 0 + + + + + + + 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
REFRIED BEANS											
Eden Foods											
Black beans, organic	1/2 C	110	1.5	0	0	7	0	0	4	0	+
Kidney beans, organic	⅓ <b>c</b>	80	1	0	0	6	0	0	4	0	0
Pinto, organic	1/2 C	90	1	0	0	7	1	0	4	0	0
Pinto, spicy, organic	1/2 €	90	1	0	0	7	1	0	4	0	0
Old El Paso											
Fat-free	1/2 C	100	0	0	0	6	1	0	4	0	0
Fat-free, spicy	1/2 C	100	0	0	0	6	1	0	4	0	0
Traditional	1/2 C	100	0.5	0	0	6	1	0	4	0	0
Vegetarian	1/2 C	100	1	0	0	6	2	0	4	0	0
RHUBARB, raw, diced	1 c	26	0	0	0	2	1	74	10	16	0
RICE											
Long grain, white, prep.	1 c	205	0	0	0	1	0	0	1	0	+
Short grain, white prep.	1 c	242	0	0	0	0	0	0	0	0	+
Carolina, extra long grain white,								-			
prep.	∛4 C	150	0	0	0	0	0	0	0	0	+
Carolina, gold (parboiled), prep.	1 c	160	0	0	0	<1	0	0	0	0	+
Carolina, jasmine, prep.	₹4 C	160	0	0	0	0	0	0	0	0	+
Carolina, long grain brown, prep.	∛4 C	150	1	0	0	1	0	0	0	0	+
Uncle Ben's fast & natural brown,						-	-				
prep.	1 c	190	1	0	0	2	0	0	0	3	+
Uncle Ben's long grain & wild, prep.	1 c	200	0	0	0	ĩ	1	0	6	8	+
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit.
RICE MIXES	эпе		(g)	rats (g)	rats (g)	187	(mg)	carotene (mcg)	(7001)	(1004)	(0,+,++)
Betty Crocker Bowl Appetit											
Cheddar broccoli rice bowl											
	1	200	7	Na	4.5	2	0	Na	15	0	_
	1	290	7	Na Na	4.5	2	9	Na Na	15	0	+
Herb chicken vegetable bowl	1	260	5	Na	2.5	2	2	Na	2	0	+
Herb chicken vegetable bowl Teriyaki rice bowl											
Herb chicken vegetable bowl Teriyaki rice bowl Carolina	1	260 260	5	Na Na	2.5 1.5	2	2 6	Na Na	2	0	+
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix	1 1 1/s c	260 260 180	5 3	Na Na O	2.5 1.5	2 2	6	Na Na O	2 2 0	0	+ + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix	1 1 1/s c 1/s c	260 260 180 200	5 3 0 1.5	Na Na O O	2.5 1.5 0 0	2 2 1 5	2 6 1 0	Na Na O O	2 2 0 6	0 0 6 0	+ + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix	1 1 1/s c 1/s c 1/s c	260 260 180 200 190	5 3 0 1.5 0	Na Na O O	2.5 1.5 0 0 0	2 2 1 5 <1	2 6 1 0	Na Na O O	2 2 0 6 10	0 0 6 0	+ + + + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix	1 1 1/3 c 1/3 c 1/3 c	260 260 180 200 190 190	5 3 0 1.5 0	Na Na 0 0 0 0	2.5 1.5 0 0 0 0	2 2 1 5 <1	2 6 1 0 0	Na Na O O O O	2 2 0 6 10 0	0 0 6 0 0	+ + + + + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix	1 1 1/5 c 1/5 c 1/5 c 1/5 c	260 260 180 200 190 190	5 3 0 1.5 0 0	Na Na 0 0 0 0	2.5 1.5 0 0 0 0	2 2 1 5 <1 1 <1	2 6 1 0 0 0	Na Na O O O O	2 2 0 6 10 0 4	0 0 6 0 0	+ + + + + + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix	1 1 1/3 c 1/3 c 1/3 c	260 260 180 200 190 190	5 3 0 1.5 0	Na Na 0 0 0 0	2.5 1.5 0 0 0 0	2 2 1 5 <1	2 6 1 0 0	Na Na O O O O	2 2 0 6 10 0	0 0 6 0 0	+ + + + + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's	1 1 1/5 c 1/5 c 1/5 c 1/5 c 1/5 c	260 260 180 200 190 190 190 180	5 3 0 1.5 0 0 0	Na Na 0 0 0 0 0	2.5 1.5 0 0 0 0 0	2 2 1 5 <1 1 <1 <1	2 6 1 0 0 0 1 2	Na Na O O O O O	2 2 0 6 10 0 4 2	6 0 0 0	+ + + + + + + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep.	1 1 1/5 c 1/5 c 1/5 c 1/5 c 1/5 c	260 260 180 200 190 190 190 180	5 3 0 1.5 0 0 0 0.5	Na Na 0 0 0 0 0	2.5 1.5 0 0 0 0 0	2 2 1 5 <1 1 <1 <1	2 6 1 0 0 0 1 2	Na Na O O O O O	2 2 0 6 10 0 4 2	0 0 6 0 0 0	+ + + + + + + + Na
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep.	1 1 1/5 c 1/5 c 1/5 c 1/5 c 1/5 c 1 c	260 260 180 200 190 190 190 180 200 200	5 3 0 1.5 0 0 0 0.5	Na Na 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1	2 6 1 0 0 0 1 2	Na Na O O O O O O	2 2 0 6 10 0 4 2	0 0 6 0 0 0 0 0	+ + + + + + + + Na
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Unde Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, Oriental fried rice, prep.	1 1 % c % c % c % c % c % c	260 260 180 200 190 190 190 180 200 200 200	5 3 0 1.5 0 0 0 0.5	Na Na 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1 <1	2 6 1 0 0 0 1 2	Na Na O O O O O O O	2 2 0 6 10 0 4 2	0 0 6 0 0 0 0 0 0	+ + + + + + + + Na + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, Oriental fried rice, prep. Country Inn, rice pilaf, prep.	1 1 1 1/5 c 1/5 c 1/5 c 1/5 c 1/5 c 1/5 c 1/5 c	260 260 180 200 190 190 190 180 200 200 200 200	5 3 0 1.5 0 0 0 0.5	Na Na 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1 <1	2 6 1 0 0 0 1 2 0 0	Na Na O O O O O O O	2 2 0 6 10 0 4 2 4 4 2 2	0 0 6 0 0 0 0 0 0	+ + + + + + + + + + + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, Oriental fried rice, prep. Country Inn, rice pilaf, prep. Four cheese, prep.	1 1 1 % c % c % c % c % c % c	260 260 180 200 190 190 190 180 200 200 200 200 190	5 3 0 1.5 0 0 0.5	Na Na 0 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1 <1 1 1 1	2 6 1 0 0 0 1 2 0 0 1 1 2	Na Na 0 0 0 0 0 0 0	2 2 0 6 10 0 4 2 4 4 2 2 6	0 0 6 0 0 0 0 0 0	+ + + + + + + + Na + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, Oriental fried rice, prep. Country Inn, rice pilaf, prep. Four cheese, prep. Parmesan & butter, prep.	1 1 1 % c % c % c % c % c % c 1 c 1 c 1 c 1 c	260 260 180 200 190 190 190 180 200 200 200 200 190 200	5 3 0 1.5 0 0 0 0.5	Na Na 0 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1 1 1 1 1 1 1	2 6 1 0 0 0 1 2 0 0 1 1 0 0	Na Na 0 0 0 0 0 0 0	2 2 0 6 10 0 4 2 4 4 4 2 2 6 4	0 0 0 0 0 0 0 0 0 0	+ + + + + + + Na + + + Na
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, Oriental fried rice, prep. Country Inn, rice pilaf, prep. Four cheese, prep. Parmesan & butter, prep. Roasted chicken, prep.	1 1 1 % c % c % c % c % c % c	260 260 180 200 190 190 190 180 200 200 200 200 190	5 3 0 1.5 0 0 0.5	Na Na 0 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1 <1 1 1 1	2 6 1 0 0 0 1 2 0 0 1 1 2	Na Na 0 0 0 0 0 0 0	2 2 0 6 10 0 4 2 4 4 2 2 6	0 0 6 0 0 0 0 0 0	+ + + + + + + + Na + + +
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, oriental fried rice, prep. Country Inn, rice pilaf, prep. Four cheese, prep. Parmesan & butter, prep. Roasted chicken, prep. Near East	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	260 260 180 200 190 190 190 180 200 200 200 200 200 200 200	5 3 0 1.5 0 0 0.5 1 1 0.5 1	Na Na 0 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0 0 0	2 2 1 5 <1 <1 <1 <1 1 1 1 1 1 <1 <1 <1 <1 <1 <1	2 6 1 0 0 0 1 2 0 0 0 1 1 0 0 0 0 0 0 0 0 0	Na Na 0 0 0 0 0 0 0	2 2 0 6 10 0 4 2 4 4 4 2 2 6 4 4 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + Na + + + Na Na Na
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, oriental fried rice, prep. Country Inn, rice pilaf, prep. Four cheese, prep. Parmesan & butter, prep. Roasted chicken, prep. Near East Chicken rice pilaf, mix unprep.	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	260 260 180 200 190 190 190 180 200 200 200 200 200 200 200 200	5 3 0 1.5 0 0 0.5 1 1 1 0.5 1 1	Na Na 0 0 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0 0 0 0 0	2 2 1 5 <1 1 <1 <1 1 1 1 1 1 1 1 <1 2	2 6 1 0 0 0 1 2 0 0 1 1 0 0 0 1 0 0 1	Na Na 0 0 0 0 0 0 0 0	2 2 0 6 10 0 4 2 4 4 4 2 2 6 4 4 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + + Na + + + Na Na Na
Herb chicken vegetable bowl Teriyaki rice bowl Carolina Authentic Spanish, mix Black bean & rice, mix Chicken & rice, mix Classic pilaf, mix Saffron yellow, mix Spicy yellow, mix Uncle Ben's Chicken & herb, prep. Country Inn, Mexican Fiesta, prep. Country Inn, oriental fried rice, prep. Country Inn, rice pilaf, prep. Four cheese, prep. Parmesan & butter, prep. Roasted chicken, prep. Near East	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	260 260 180 200 190 190 190 180 200 200 200 200 200 200 200	5 3 0 1.5 0 0 0.5 1 1 0.5 1	Na Na 0 0 0 0 0 0 0 0	2.5 1.5 0 0 0 0 0 0 0 0 0	2 2 1 5 <1 <1 <1 <1 1 1 1 1 1 <1 <1 <1 <1 <1 <1	2 6 1 0 0 0 1 2 0 0 0 1 1 0 0 0 0 0 0 0 0 0	Na Na 0 0 0 0 0 0 0	2 2 0 6 10 0 4 2 4 4 4 2 2 6 4 4 4	0 0 0 0 0 0 0 0 0 0 0 0 0 0	+ + + + + + + Na + + + Na Na Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Rice pilaf toasted almond, mix unprep.	V4 C	200	3	0	0	2	1	Na	2	0	Na
Sundried tomato & basil, mix unprep.	1/s C	240	0.5	0	0	2	2	Na	2	8	Na
Rice-A-Roni											
Beef, mix unprep.	1/3 C	230	1	0	0	2	3	Na	2	0	+
Broccoli au gratin, mix unprep.	1/s C	260	6	Na	3	2	4	Na	6	2	+
Creamy 4 cheese, mix unprep.	1/4 C	210	6	Na	2.5	1	3	Na	4	0	+
Chicken, mix unprep.	1/3 C	230	1	0	0	2	3	Na	2	0	+
Chicken & garlic, mix unprep.	1/s <b>c</b>	190	0.5	0	0	1	2	Na	0	0	+
Fried, mix unprep.	1/3 C	240	1.5	Na	0	2	4	Na	2	2	+
Herb & butter, mix unprep.	1/3 C	240	1.5	Na	0.5	1	2	Na	2	2	+
Pilaf, mix unprep.	1/3 C	230	1	0	0	2	1	Na	0	0	+
Spanish, mix unprep.	1/3 C	180	0.5	0	0	2	3	Na	2	15	+
RICE BEVERAGES											
Rice Dream, carob	8 oz	150	2.5	1.5	0	<1	26	Na	0	0	0
Rice Dream, chocolate, enriched	8 oz	170	3	2	0	<1	28	Na	30	0	+
Rice Dream, original	8 oz	120	2	1.5	0	0	10	Na	30	0	+
Rice Dream, vanilla	8 oz	130	2	1.5	0	0	12	Na	2	0	0
Rice Dream, vanilla (Heartwise)	8 oz	140	2	1.5	0	3	10	Na	30	0	+
Westbrae, plain	8 oz	100	2.5	1.5	0	0	14	Na	0	0	+
Westbrae, vanilla	8 oz	100	2.5	1.5	0	0	17	Na	25	0	+
RICE CAKES											
Apple cinnamon	1 cake	50	0	0	0	0	3	Na	0	0	0
Butter popped corn	1 cake	35	0	0	0	0	0	0	0	0	0
Caramel corn (Quaker)	1 cake	50	0	0	0	0	3	Na	0	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Bela- carotene (mcg)	Calcium (%DV)	Vil. C (%DV)	B vil. (0,+,++)
Chocolate crunch	1 cake	60	1	0	0	0	4	Na	0	0	0
Cracker Jack butter toffee (Quaker)	1 cake	60	0.5	0	0	0	4	Na	0	0	0
Maple brown sugar	1 cake	50	1	0	0	1	3	Na	0	0	0
Peanut butter chocolate chip	1 cake	60	1	0	0	0	4	Na	0	0	0
White cheddar	1 cake	45	0.5	0	0	0	1	Na	0	0	0
RICE PUDDING (Also see "Pudding")											
ROCKFISH, Pacific, baked	3 oz	103	2	Na	0	0	0	0	1	0	+
ROLLS (nonsweet)											
Pepperidge Farm											
Carb style, hamburger	1	110	1	0	0	3	1	0	4	0	0
Farmhouse country wheat	1	220	4.5	Na	1	1	6	0	8	0	0
Frankfurter	1	140	2.5	Na	1	1	4	0	6	0	0
Hot & crusty French	1	100	1	Na	0	1	1	0	2	0	0
Hot & crusty 7 grain	1	110	2	Na	0.5	2	3	0	4	0	0
Soft 100% whole wheat Kaiser	1	200	2.5	Na	0.5	3	5	0	6	0	0
Soft country style dinner	1	90	1.5	Na	0	1	3	0	2	0	0
Soft white Kaiser	1	210	2.5	Na	0.5	1	4	0	6	0	0
Pillsbury											
Crescent big & buttery	1	170	10	Na	5	<1	4	0	0	0	0
Crescent big & flaky	1	180	10	Na	5	<1	4	0	0	0	0
Crescent butterflake	1	110	6	Na	3.5	0	2	0	0	0	0
Crescent original	1	110	6	Na	3.5	0	2	0	0	ō	ō
Dinner, white quick	1	110	2	Na	1	<1	3	0	0	0	0
Freezer to Microwave, white dinner	1	150	4	Na	2	<1	3	0	0	0	0

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Freezer to Oven crusty French	1	100	1.5	Na	0	<1	1	0	0	0	0
Freezer to Oven, dinner, garlic	1	140	6	Na	2.5	<1	2	0	0	0	0
Freezer to Oven, dinner, whole											
wheat	1	90	1	0	0	3	2	0	0	0	0
ROLLS (Sweet)—Pillsbury											
Grands! Extra rich cinnamon w/icing	1	320	10	Na	5.5	1	24	0	2	0	0
Grands! Sweet cinnamon w/icing	1	310	9	Na	4.5	1	23	0	2	0	0
Sweet Rolls, caramel	1	170	7	Na	4	<1	10	0	0	0	0
Sweet Rolls, cinnamon w/cream cheese icing	1	150	5	Na	3.5	<1	10	0	0	0	0
Sweet Rolls, cinnamon w/icing, sugar free	1	110	3.5	Na	2	8	0	0	0	0	0
Sweet Rolls, golden homestyle cinnamon	1	130	3	Na	2	<1	9	0	0	0	0
Sweet Rolls, orange w/icing	1	170	7	Na	3.5	<1	10	0	0	0	0
RUTABAGAS, cooked w/o salt, mashed	1 c	93	1	0	0	4	14	2	11	75	+
SALAD DRESSING											
Annie's Naturals											
Artichoke parmesan	2 tbs	130	13	Na	1.5	0	<1	0	2	0	0
Balsamic vinaigrette	2 tbs	100	10	Na	0.5	0	3	0	0	0	0
Thousand island	2 tbs	90	7	Na	1	0	4	0	0	0	0
Woodstock	2 tbs	110	11	Na	1	0	0	0	0	0	0
Kraft											
Catalina fat free	2 tbs	35	0	0	0	1	7	Na	0	0	0
Creamy French	2 tbs	160	15	Na	2.5	0	5	Na	0	0	0
Creamy Italian	2 tbs	110	11	Na	1.5	0	2	Na	0	0	0
Italian fat free	2 tbs	15	0	0	0	0	2	Na	0	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Ranch	2 tbs	170	18	Na	3	0	1	Na	0	0	0
Ranch garlic	2 tbs	180	19	Na	3	ō	i	Na	ő	ŏ	ō
Roka blue cheese	2 tbs	130	13	Na	2.5	1	i	Na	ō	ŏ	ō
Thousand island	2 tbs	120	10	Na	1.5	ò	4	Na	ő	ŏ	ō
Three cheese Italian	2 tbs	130	14	Na	2.5	0	i	Na	0	0	ō
Zesty Italian	2 tbs	110	11	Na	1.5	0	2	Na	ō	0	ō
Kraft-Carb Well							-			-	-
Classic Caesar	1 tbs	110	11	Na	2	0	0	0	0	0	0
Creamy French	2 tbs	100	11	Na	1.5	0	0	0	0	0	0
Italian	2 tbs	70	10	Na	1	0	0	0	0	ō	0
Light buttermilk ranch	2 tbs	60	6	Na	1	0	0	0	0	0	0
Ranch	2 tbs	110	11	Na	1.5	0	ō	0	ō	Ö	ō
Roka blue cheese	2 tbs	120	13	Na	2	0	0	ō	0	ō	0
Kraft-Light Done Right											
Creamy French	2 tbs	80	4.5	0	0.5	0	6	0	0	0	0
Italian	2 tbs	40	3	ō	0.5	0	1	ō	ō	o	ō
Ranch	2 tbs	80	7	0	0.5	0	1	0	0	0	ō
Zesty Italian, reduced fat	2 tbs	25	1.5	0	0	0	2	ō	0	0	0
Kraft-Special Collection	2.00	2.5	****				-				
Caesar Italian w/oregano	2 tbs	100	10	Na	1.5	0	1	0	2	0	0
Creamy poppy seed	2 tbs	130	10	Na	2	ő	8	ő	ő	ŏ	ō
Greek vinaigrette	2 tbs	11	Na	1.5	ō	ĭ	0	ő	o	ő	ō
Italian pesto	2 tbs	70	5	Na	0.5	ò	2	ő	ő	ő	ō
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Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Sundried tomato	2 tbs	60	5	Na	0.5	0	3	0	0	0	0
Tangy tomato bacon	2 tbs	130	10	Na	1.5	0	7	0	0	0	0
Newman's Own											
Caesar	2 tbs	150	16	Na	1.5	0	1	0	2	0	0
Olive oil & vinegar	2 tbs	150	16	Na	2.5	0	0	0	0	0	0
Ranch	2 tbs	140	15	Na	2	0	2	0	0	0	0
2000 island	2 tbs	140	14	Na	2	0	3	0	0	0	0
Three cheese balsamic	2 tbs	100	11	Na	1.5	0	1	0	2	2	0
Seven Seas											
Creamy Italian	2 tbs	110	12	Na	2	0	2	0	0	0	0
Green goddess	2 tbs	130	13	Na	2	0	1	0	0	0	0
Red wine vinaigrette	2 tbs	90	9	Na	0.5	0	2	0	0	0	0
Viva Italian	2 tbs	90	9	Na	1.5	0	1	0	0	0	0
Viva Italian, reduced fat	2 tbs	45	4	Na	0.5	0	1	0	0	0	0
South Beach Diet											
Italian w/extra olive oil	2 tbs	60	4.5	Na	0	0	2	0	0	0	0
Ranch	2 tbs	70	7	Na	1	0	0	0	0	0	0
Wishbone											
Chunky blue cheese	2 tbs	150	15	Na	2.5	0	1	0	0	0	0
Creamy Caesar	2 tbs	170	18	Na	3	0	<1	0	0	0	0
Deluxe French	2 tbs	120	11	Na	1.5	0	5	0	0	0	0
Garlic ranch	2 tbs	140	15	Na	2	0	<1	0	0	0	0
Russian	2 tbs	120	6	Na	ī	0	60	0	0	4	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
	244		101	1001	1001			1 107	1	1 2	1
Sweet 'n spicy	2 tbs	130	12	Na	2	0	5	0	0	2	0
Sweet 'n spicy Thousand island		130 130						0	<u> </u>		
	2 tbs		12	Na	2	0	5		0	2	0
Thousand island	2 tbs		12	Na	2	0	5		0	2	0
Thousand island Wishbone—Fat Free	2 tbs 2 tbs	130	12 12	Na Na	2	0	5 4	0	0	2 0	0
Thousand island Wishbone—Fat Free Chunky blue cheese	2 tbs 2 tbs 2 tbs	130 35	12 12 0	Na Na O	2 2 0	0 0 <1	5 4 3	0	0 0	0 0	0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian	2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	130 35 20	12 12 0 0	Na Na O O	2 2 0 0	0 0 <1 0	5 4 3 3	0 0	0 0 0	2 0 0 4	0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch	2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	130 35 20	12 12 0 0	Na Na O O	2 2 0 0	0 0 <1 0	5 4 3 3	0 0	0 0 0	2 0 0 4	0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good	2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	35 20 30	12 12 0 0	Na Na O O	2 2 0 0	0 0 <1 0 <1	5 4 3 3 3	0 0 0	0 0 0 0	2 0 0 4 0	0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese	2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	35 20 30	12 12 0 0 0	Na Na O O O	2 2 0 0 0	0 0 <1 0 <1	5 4 3 3 3	0 0 0 0	0 0 0 0 0	2 0 0 4 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar	2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	35 20 30 50 50	12 12 0 0 0	Na Na O O O Na Na	2 2 0 0 0 0	0 0 <1 0 <1	5 4 3 3 3 2 2	0 0 0 0	0 0 0 0 0	2 0 0 4 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French	2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	35 20 30 50 50 50	12 12 0 0 0	Na Na O O O Na Na Na	2 2 0 0 0 0 0 0.5 0.5	0 0 <1 0 <1	5 4 3 3 3 2 2 6	0 0 0 0	0 0 0 0 0	2 0 0 4 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon	2 tbs 2 tbs	35 20 30 50 50 50 50	12 12 0 0 0 2 2 2	Na Na O O O Na Na Na Na	2 2 0 0 0 0 0 0.5 0.5 0.0	0 0 0 <1 0 <1 0 <1 <1 <1	5 4 3 3 3 3 2 2 6 6	0 0 0 0	0 0 0 0 0	2 0 4 0 0 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island	2 tbs 2 tbs	35 20 30 50 50 50 50 40	12 12 0 0 0 2 2 2 2 2	Na Na O O O Na Na Na Na	2 2 0 0 0 0 0.5 0.5 0 0	0 0 0 <1 0 <1 0 <1 <1 0	5 4 3 3 3 3 2 2 6 6 6 2	0 0 0 0 0 0	0 0 0 0 0	2 0 4 0 0 0 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers	2 tbs 2 tbs	35 20 30 50 50 50 50 40	12 12 0 0 0 2 2 2 2 2	Na Na O O O Na Na Na Na	2 2 0 0 0 0 0.5 0.5 0 0	0 0 0 <1 0 <1 0 <1 <1 0	5 4 3 3 3 3 2 2 6 6 6 2	0 0 0 0 0 0	0 0 0 0 0	2 0 4 0 0 0 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island	2 tbs 2 tbs	35 20 30 50 50 50 50 40	12 12 0 0 0 2 2 2 2 2	Na Na O O O Na Na Na Na	2 2 0 0 0 0 0.5 0.5 0 0	0 0 0 <1 0 <1 0 <1 <1 0	5 4 3 3 3 3 2 2 6 6 6 2	0 0 0 0 0 0	0 0 0 0 0	2 0 4 0 0 0 0	0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and	2 tbs 2 tbs	35 20 30 50 50 50 50 50 50	12 12 0 0 0 2 2 2 2 2 2	Na Na O O O Na Na Na Na Na Na	2 2 0 0 0 0 0 0.5 0.5 0 0 0	0 0 <1 0 <1 0 0 <1 <1 0	5 4 3 3 3 2 2 6 6 6 2 5	0 0 0 0 0 0 0	0 0 0 0 0 0	2 0 0 4 0 0 0 0 0	0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist	2 tbs 2 tbs	35 20 30 50 50 50 50 50 50	12 12 0 0 0 2 2 2 2 2 2	Na Na O O O Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0	0 0 <1 0 <1 0 0 <1 <1 0	5 4 3 3 3 2 2 6 6 6 2 5	0 0 0 0 0 0 0	0 0 0 0 0 0	2 0 0 4 0 0 0 0 0	0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist Wishbone—Western Bacon flavor	2 tbs 2 tbs	130 35 20 30 50 50 50 50 50 50	12 12 0 0 0 2 2 2 2 2 2 2	Na Na O O O Na Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0	0 0 0 <1 0 0 <1 <1 0 0 0	5 4 3 3 3 3 2 2 6 6 6 2 5	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	2 0 0 4 0 0 0 0 0 0	0 0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist Wishbone—Western Bacon flavor Blue cheese	2 tbs 2 tbs	130 35 20 30 50 50 50 50 50 50	12 12 0 0 0 0	Na Na O O O Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0	0 0 0 <1 0 <1 0 <1 0 0	5 4 3 3 3 2 2 6 6 6 2 5	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	2 0 0 4 0 0 0 0 0	0 0 0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist Wishbone—Western Bacon flavor Blue cheese Fat-free	2 tbs 2 tbs	130 35 20 30 50 50 50 50 40 50	12 12 0 0 0 2 2 2 2 2 2 2 2 2	Na Na O O O Na Na Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0	0 0 0 <1 0 <1 0 <1 <1 0 0 0 0	5 4 3 3 3 3 2 2 6 6 2 5	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	2 0 0 4 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist Wishbone—Western Bacon flavor Blue cheese Fat-free Original	2 tbs 2 tbs	130 35 20 30 50 50 50 50 50 10	12 12 0 0 0 0 2 2 2 2 2 2 2 2	Na Na O O O Na Na Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0	0 0 0 <1 0 <1 0 <1 0 0	5 4 3 3 3 3 2 2 6 6 2 5	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	2 0 0 4 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist Wishbone—Western Bacon flavor Blue cheese Fat-free Original SALAMI	2 tbs 2 tbs	130 35 20 30 50 50 50 50 40 50 10 140 140 50 160	12 12 0 0 0 2 2 2 2 2 2 2 2 2 2 1 11 12 0 12	Na Na O O O Na Na Na Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0 0	0 0 0 <1 0 0 <1 <1 0 0 0	5 4 3 3 3 3 2 2 6 6 2 5	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	2 0 0 4 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0
Thousand island Wishbone—Fat Free Chunky blue cheese Italian Ranch Wishbone—Just2Good Blue cheese Creamy Caesar Deluxe French Honey Dijon Ranch Thousand island Wishbone—Salad Spritzers Balsamic Breeze, Italian vinaigrette, and Red wine mist Wishbone—Western Bacon flavor Blue cheese Fat-free Original	2 tbs 2 tbs	130 35 20 30 50 50 50 50 40 50	12 12 0 0 0 2 2 2 2 2 2 2 2 2	Na Na O O O Na Na Na Na Na Na Na Na	2 2 0 0 0 0.5 0.5 0 0 0	0 0 0 <1 0 <1 0 <1 <1 0 0 0 0	5 4 3 3 3 3 2 2 6 6 2 5	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	2 0 0 4 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Sweet 'n spicy	2 tbs	130	12	Na	2	0	5	0	0	2	0
Thousand island	2 tbs	130	12	Na	2	0	4	0	0	0	0
Wishbone–Fat Free											
Chunky blue cheese	2 tbs	35	0	0	0	<1	3	0	0	0	0
Italian	2 tbs	20	0	0	0	0	3	0	0	4	0
Ranch	2 tbs	30	0	0	0	<1	3	0	0	0	0
Wishbone-Just2Good											
Blue cheese	2 tbs	50	2	Na	0.5	0	2	0	0	0	0
Creamy Caesar	2 tbs	50	2	Na	0.5	0	2	0	0	0	0
Deluxe French	2 tbs	50	2	Na	0	<1	6	0	0	0	0
Honey Dijon	2 tbs	50	2	Na	0	<1	6	0	0	0	0
Ranch	2 tbs	40	2	Na	0	0	2	0	0	0	0
Thousand island	2 tbs	50	2	Na	0	0	5	0	0	0	0
Wishbone-Salad Spritzers											
Balsamic Breeze, Italian vinaigrette, and											
Red wine mist	10 sprays	10	1	0	0	0	1	0	0	0	0
Wishbone–Western											
Bacon flavor	2 tbs	140	11	Na	1.5	0	10	0	0	0	0
Blue cheese	2 tbs	140	12	Na	2	0	9	0	0	0	0
Fat-free	2 tbs	50	0	0	0	0	11	0	0	0	0
Original	2 tbs	160	12	Na	1.5	0	11	0	0	0	0
SALAMI											
Louis Rich turkey salami	1 oz	41	3	1	1	0	0	Na	1	0	0
Oscar Mayer, cotto	1 oz	70	6	3	2	0	0	0	1	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Oscar Mayer, cotto beef		60	(g) 4.5	Fats (g)	Fats (g) 2	(g) 0	(mg)	carotene (mcg)		(% <b>DV</b> )	0,+,++)
Oscar Mayer, cotto beef Oscar Mayer, genoa	Size		(g) 4.5 9	Fats (g)	Fats (g) 2 3	(g) 0 0	(mg) 0 0	carotene (mcg) 0 Na	(% <b>DV</b> )	(% <b>DV</b> ) 0 0	(0,+,++) 0 0
Oscar Mayer, cotto beef	Size 1 oz	60	(g) 4.5	Fats (g)	Fats (g) 2	(g) 0	(mg)	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	0,+,++)
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON	l oz l oz	60 105	(g) 4.5 9	Pats (g) 2 4.5	Fats (g) 2 3	(g) 0 0	(mg) 0 0	carotene (mcg) 0 Na	(% <b>DV</b> )	(% <b>DV</b> ) 0 0	(0,+,++) 0 0
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee)	l oz l oz	60 105	(g) 4.5 9	Pats (g) 2 4.5	Fats (g) 2 3	(g) 0 0	(mg) 0 0	carotene (mcg) 0 Na	(% <b>DV</b> )	(% <b>DV</b> ) 0 0	(0,+,++) 0 0
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON	l oz l oz l oz l oz	60 105 100	(g) 4.5 9 8	2 4.5 4	2 3 3	0 0 0	(mg) 0 0 0	0 Na 5.4	(% <b>DV</b> ) 0 1 0	(% <b>DV</b> ) 0 0 0	0 0 0 0
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee)	l oz l oz l oz l oz 2.2 oz	60 105 100	(g) 4.5 9 8	2 4.5 4 Na	2 3 3	0 0 0 0	(mg) 0 0 0	0 Na 5.4	0 1 0	0 0 0 0	0 0 0 0 +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee)	1 oz 1 oz 1 oz 1 oz 2 2 oz 2 2 oz	60 105 100 110 90	(g) 4.5 9 8 7 4	Pats (g) 2 4.5 4 Na Na	2 3 3 1.5 1	0 0 0 0	0 0 0 0	0 Na 5.4	0 1 0 10 10	0 0 0 0	0 0 0 0 + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee)	1 oz 1 oz 1 oz 2 oz 2 2 oz 2 2 oz 2 2 oz	60 105 100 110 90 90	(g) 4.5 9 8 7 4 5	Pats (g)  2  4.5  4  Na  Na  Na  1	Pats (g) 2 3 3 1.5 1	0 0 0 0	0 0 0 0 0	O Na 5.4 O O O O O O O O O O O O O O O O O O O	0 1 0 10 10 10	0 0 0 0 0	0 0 0 0 + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea)	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz	60 105 100 110 90 90 110	(g) 4.5 9 8 7 4 5 7	Pats (g)  2 4.5 4  Na Na Na 1	Pats (g)  2 3 3 1.5 1 1 1 1.5	0 0 0 0 0	0 0 0 0 0 0	0 Na 5.4 0 0 0	0 1 0 10 10 10 10	0 0 0 0 0 0 0	0 0 0 0 + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz	60 105 100 110 90 90 110 60	(g) 4.5 9 8 7 4 5 7	Pats (g)  2  4.5  4  Na  Na  1  1	Pats (g)  2  3  3  1.5  1  1  1.5  1	0 0 0 0 0 0	(mg) 0 0 0 0 0 0	0 Na 5.4 0 0 0 0	0 1 0 10 10 10 10 10	0 0 0 0 0 0 0 0	0 0 0 0 + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, pink (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz	60 105 100 110 90 90 110 60	(g) 4.5 9 8 7 4 5 7 2	Pats (g) 2 4.5 4 Na Na 1 1 1	2 3 3 1.5 1 1 1.5 1 2	0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 0 0 0	0 Na 5.4 0 0 0 0 0	(%DV)  0  1  0  10  10  10  10  10  10  10	0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 2 oz 4 c 3 oz	60 105 100 110 90 90 110 60 110 155	4.5 9 8 7 4 5 7 2 7	Pats (g)  2  4.5  4  Na  Na  1  1  1  1  3.5	2 3 3 1.5 1 1 1.5 1 2	0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 1	0 Na 5.4 0 0 0 0 0 0	(%DV)  0  1  0  10  10  10  10  10  10  11  10  11  10  11	0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, pink (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry	1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 2 oz 2 oz	60 105 100 110 90 90 110 60 110 155 196	4.5 9 8 7 4 5 7 2 7 7	Pats (g)  2  4.5  4  Na  Na  1  1  1  3.5  5	2 3 3 1.5 1 1 1.5 1 2 1 3	0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 11 2	0 0 0 0 0 0 0 0 0 0 0 5 5	(0,+,++) 0 0 0 0 + + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, genoa Oscar Mayer, hard  SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea)	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 2 oz 2 oz	60 105 100 110 90 90 110 60 110 155 196	4.5 9 8 7 4 5 7 2 7 7 11 3.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na	2 3 3 3 1.5 1 1.5 1 2 1 3 1 1	0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 1	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0  1  0  10  10  10  10  10  12  2	0 0 0 0 0 0 0 0 0 0 0 0 0 2	(0,+,++) 0 0 0 0 + + + + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea)	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 2 oz 2 oz	60 105 100 110 90 90 110 60 110 155 196	4.5 9 8 7 4 5 7 2 7 7 11 3.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na	2 3 3 3 1.5 1 1.5 1 2 1 3 1 1	0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 1	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0  1  0  10  10  10  10  10  12  2	0 0 0 0 0 0 0 0 0 0 0 0 0 2	(0,+,++) 0 0 0 0 + + + + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, genoa Oscar Mayer, hard  SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, pink (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea)	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2 oz	60 105 100 110 90 90 110 60 110 155 196 120	4.5 9 8 7 4 5 7 2 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0	2 3 3 3 1.5 1 1 1.5 1 2 1 3 1 0.5	0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 0 1 12	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 + + + + + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.3 oz 2 oz 1 pkg 1 pkg 2 tbs	60 105 100 110 90 90 110 60 110 155 196 120 170	4.5 9 8 7 4 5 7 2 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0	2 3 3 3 1.5 1 1 1.5 1 2 1 3 1 0.5 0	0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,+) 0 0 0 0 + + + + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) Steak m/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn Muir Glen organic, mild	1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.3 oz 3 oz 1 pkg 1 pkg 2 tbs 2 tbs	60 105 100 110 90 90 110 60 110 155 196 120 170	4.5 9 8 7 4 5 7 2 7 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0 0 0	2 3 3 3 1.5 1 1 1.5 1 2 1 3 1 0.5 0 0 0	0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12 <1	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 + + + + + + + + + + + +
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn Muir Glen organic, mild Newman's Own black bean & corn	2.2 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 3 oz 1 pkg 1 pkg 2 tbs 2 tbs 2 tbs	60 105 100 110 90 90 110 60 110 155 196 120 170	4.5 9 8 7 4 5 7 2 7 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0 0 0 0	2 3 3 3 1.5 1 1 1.5 1 2 1 3 1 0.5 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12 <1	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 2 2 2 0 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,+) 0 0 0 0 + + + + + + + + + + + 0 0
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, trad. (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn Muir Glen organic, mild Newman's Own black bean & corn Newman's Own, mango	2.2 oz 2.	60 105 100 110 90 90 110 60 110 155 196 120 170	4.5 9 8 7 4 5 7 2 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0 0 0 0 0	2 3 3 3 1.5 1 1 1.5 1 2 1 1 0.5 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12 <1 1	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2 0 0 2 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 0 + + + + + + + + + 0 0 0
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, trad. (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn Muir Glen organic, mild Newman's Own black bean & corn Newman's Own, mango Newman's Own, natural bandito mild	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 2 o	60 105 100 110 90 90 110 60 110 155 196 120 170 20 20 10	4.5 9 8 7 4 5 7 2 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0 0 0 0 0 0	2 3 3 3 1.5 1 1 1.5 1 2 1 1 0.5 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12 <1 1 1 1	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2 0 0 2 2 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 + + + + + + 0 0 0 0
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, hard SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, trad. red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn Muir Glen organic, mild Newman's Own black bean & corn Newman's Own, mango Newman's Own, natural bandito mild Newman's Own, peach	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 1 pkg 1 pkg 2 tbs 2	60 105 100 110 90 90 110 60 110 155 196 120 170 20 20 10 25	4.5 9 8 7 4 5 7 2 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 1 3.5 5 Na 0 0 0 0 0 0 0	2 3 3 3 1.5 1 1 1.5 1 2 1 3 1 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12 <1 1 1 1 5	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 ++++++++++++++++++++++++++
Oscar Mayer, cotto beef Oscar Mayer, genoa Oscar Mayer, genoa Oscar Mayer, hard  SALMON Canned, blueback (Bumblebee) Canned, keta (Bumblebee) Canned, pink (Bumblebee) Canned, red (Bumblebee) Canned, red (Bumblebee) Canned, trad. red (Chicken of the Sea), skinless Canned, trad. red (Chicken of the Sea) Fresh, Atlantic wild, cooked dry Fresh, Chinook wild, cooked dry Smoked Pacific (Chicken of the Sea) Steak w/orange glaze (Chicken of the Sea) SALSA Muir Glen organic, black bean & corn Muir Glen organic, mild Newman's Own, black bean & corn Newman's Own, natural bandito mild Newman's Own, peach Newman's Own, tequila lime	1 oz 1 oz 1 oz 1 oz 2.2 oz 2.2 oz 2.2 oz 2.2 oz 2 oz 2 o	60 105 100 110 90 90 110 60 110 155 196 120 170 20 20 10 25 15	4.5 9 8 7 4 5 7 2 7 7 11 3.5 1.5	Pats (g)  2 4.5 4  Na Na 1 1 1 3.5 5 Na 0 0 0 0 0 0 0 0 0	2 3 3 3 1.5 1 1 1.5 1 2 1 3 3 1 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg) 0 0 0 0 0 0 0 0 0 0 1 12 <1 1 1 1 5 2	0 Na 5.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(%DV)  0 1 0 10 10 10 10 10 10 2 2 2 0 0 2 2 0 0 2	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(0,+,++) 0 0 0 ++++++++++++++++++++++++++

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Pace, chunky	2 tbs	10	0	0	0	<1	2	0	0	0	0
Pace, lime & garlic chunky	2 tbs	15	0	0	0	<1	2	0	0	3	0
SARDINES											
Bumblebee, in mustard	3.75 oz	130	6	Na	1.5	1	1	0	15	0	+
Bumblebee, in soya oil	3.75 oz	130	9	Na	2	0	0	0	10	0	+
Bumblebee, in water	3.75 oz	120	7	Na	2	0	0	0	10	0	+
Chicken of the Sea, smoked in oil	1 can	190	14	3.5	6	0	0	0	20	0	+
Chicken of the Sea, in tomato	1 can	130	6	Na	2	2	2	18*	30	4	+
Crown Prince, brisling in mustard	1 can	210	16	Na	6	<1	0	Na	20	2	+
Crown Prince, brisling in soy oil	1 can	200	16	Na	4.5	<1	0	Na	20	0	+
Crown Prince, brisling in tomato	1 can	210	16	Na	6	<1	2	Na	20	0	+
SAUCES											
A-1 Sauce											
Jamaican jerk steak sauce	2 tbs	25	0.5	0	0	0	4	0	0	0	0
New York steak sauce	2 tbs	20	0	0	0	0	4	0	0	0	0
Teriyaki steak sauce	2 tbs	20	0	0	0	0	4	0	0	0	0
Kraft											
Cocktail	2 tbs	60	0.5	0	0	1	9	Na	0	4	0
Coleslaw maker	2 tbs	110	9	Na	1.5	0	6	0	0	0	0
Sweet & sour	2 tbs	60	0	0	0	0	12	0	0	2	0
Tarter sauce	2 tbs	70	6	Na	1	0	3	0	0	0	0
Old El Paso											
Enchilada, mild	V4 C	25	1	0	0	0	1	0	0	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Taco sauce, mild	1 tbs	5	0	0	0	0	1	0	0	0	0
Zesty ranch sauce	2 tbs	70	6	Na	1	0	1	0	0	0	0
SAUERKRAUT											
Del Monte	2 tbs										
	2 103	0	0	0	0	<1	0	0	0	2	0
Del Monte, Bavarian	2 tbs	0 15	0	0	0	<1 0	0	0	0	2 2	0
Del Monte, Bavarian Eden Foods, organic		-	-	-	-		-	-	-		-
	2 tbs	15	0	0	0	0	3	0	0	2	0
Eden Foods, organic	2 tbs	15 25	0	0	0	0	3	0 9*	0 4	2 20	0
Eden Foods, organic S&W SAUSAGE	2 tbs	15 25	0	0	0	0	3	0 9*	0 4	2 20	0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original	2 tbs 1/2 c 2 tbs	15 25 0	0 0 0	0 0 0	0 0 0	0 3 <1	3 1 0	0 9* 0	0 4 0	2 20 2	0 0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey	2 tbs 1/2 c 2 tbs 3 links	15 25 0	0 0 0	0 0 0 Na	0 0 0	0 3 <1	3 1 0	0 9* 0 Na	0 4 0	2 20 2	0 0 0 Na
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original	2 tbs 1/2 c 2 tbs 3 links 3 links	15 25 0 120 120	0 0 0	0 0 0 Na Na	0 0 0 3 2.5	0 3 <1 0	3 1 0	0 9* 0 Na Na	0 4 0	2 20 2 0 0	0 0 0 Na Na
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz	15 25 0 120 120 230	0 0 0 8 8 8	0 0 0 Na Na 8	0 0 0 3 2.5 6	0 3 <1 0 0 0	3 1 0	0 9* 0 Na Na 0	0 4 0 4 4 1	2 20 2 0 0	0 0 0 Na Na +
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy)	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 3 oz	15 25 0 120 120 230 125	0 0 0 8 8 18 7	0 0 0 Na Na 8 3	0 0 0 3 2.5 6 3	0 3 <1 0 0	3 1 0	0 9* 0 Na Na 0	0 4 0 4 4 1 2	2 20 2 0 0 0	0 0 0 Na Na + 0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 3 oz 2 oz 2 links	15 25 0 120 120 230 125 50 100	0 0 0 8 8 18 7 0 3.5	0 0 0 Na Na 8 3 0 Na	0 0 0 3 2.5 6 3 0	0 3 <1 0 0 0 0 0	3 1 0	0 9* 0 Na Na 0 0	0 4 0 4 4 1 2 0	2 20 2 0 0 0 0	0 0 0 Na Na + 0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links	2 tbs ½ c 2 tbs 3 links 3 links 3 oz 3 oz 2 oz 2 links 2 links	15 25 0 120 120 230 125 50 100 130	0 0 0 8 8 18 7 0 3.5	0 0 0 Na Na 8 3 0 Na	0 0 0 3 2.5 6 3 0 0.5 4	0 3 <1 0 0 0 0 2 4 0	3 1 0 1 1 1 0 1 2 0	0 9* 0 Na Na 0 0 0	0 4 0 4 4 1 2 0 0	2 20 2 0 0 0 0 0	0 0 0 Na Na + 0 0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 3 oz 2 oz 2 links 2 links 3 oz	15 25 0 120 120 230 125 50 100 130 120	0 0 0 8 8 18 7 0 3.5	0 0 0 Na Na 8 3 0 Na 6 Na	0 0 0 3 2.5 6 3 0 0.5 4 2.5	0 3 <1 0 0 0 0 0	3 1 0 1 1 1 0 1 2 0 0	0 9* 0 Na Na 0 0	0 4 0 4 4 1 2 0 0 0	2 20 2 0 0 0 0 0 0	0 0 0 Na Na + 0 0 0 0 Na
Eden Foods, organic S&W  SAUSAGE  Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken	2 tbs ½ c 2 tbs 3 links 3 links 3 oz 3 oz 2 oz 2 links 2 links	15 25 0 120 120 230 125 50 100 130	0 0 0 8 8 18 7 0 3.5	0 0 0 Na Na 8 3 0 Na	0 0 0 3 2.5 6 3 0 0.5 4	0 3 <1 0 0 0 0 0 2 4 0	3 1 0 1 1 1 0 1 2 0	0 9* 0 Na Na 0 0 0	0 4 0 4 4 1 2 0 0	2 20 2 0 0 0 0 0	0 0 0 Na Na + 0 0
Eden Foods, organic S&W  SAUSAGE  Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 3 oz 2 oz 2 links 2 links 3 oz 2 oz	15 25 0 120 120 230 125 50 100 130 120 259	0 0 0 8 8 8 18 7 0 3.5 11 8	0 0 0 Na Na 8 3 0 Na 6 Na	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 0 2 4 0 0	3 1 0 1 1 1 0 1 2 0 0	0 9* 0 Na Na 0 0 0 0	0 4 0 4 4 1 2 0 0 0	2 20 2 0 0 0 0 0 0 0	0 0 0 Na Na + 0 0 0 0 Na +
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken SESAME Arrowhead Mills, tahini (sesame spread)	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 2 oz 2 links 2 links 3 oz 2 oz 2 tbs	15 25 0 120 120 230 125 50 100 130 120 259	0 0 0 8 8 8 18 7 0 3.5 11 8 19	0 0 0 Na Na 8 3 0 Na 6 Na 6	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 0 2 4 0 0	3 1 0 1 1 1 0 1 2 0 0	0 9* 0 Na Na 0 0 0 0 0	0 4 0 4 4 4 1 2 0 0 0 0	2 20 2 0 0 0 0 0 0 0	0 0 0 Na Na + 0 0 0 Na + 0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken SESAME Arrowhead Mills, tahini (sesame spread) Maranatha tahini butter, no salt, roasted	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 3 oz 2 oz 2 links 2 links 3 oz 2 oz 2 tbs 2 tbs 2 tbs	15 25 0 120 120 230 125 50 100 130 120 259	0 0 0 8 8 8 18 7 0 3.5 11 8 19	0 0 0 Na Na 8 3 0 Na 6 Na 10	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 0 2 4 0 0 0	1 0 1 1 1 0 0 1 2 0 0 0	0 9* 0 Na Na 0 0 0 0 0 0	0 4 0 4 4 1 2 0 0 0 0 0	2 20 2 0 0 0 0 0 0 0 0	0 0 0 Na Na + 0 0 0 Na + 0
Eden Foods, organic S&W SAUSAGE Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken SESAME Arrowhead Mills, tahini (sesame spread) Maranatha tahini butter, no salt, roasted SHAD, American, cooked dry	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 2 oz 2 links 2 links 3 oz 2 oz 2 tbs	15 25 0 120 120 230 125 50 100 130 120 259	0 0 0 8 8 8 18 7 0 3.5 11 8 19	0 0 0 Na Na 8 3 0 Na 6 Na 6	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 0 2 4 0 0	3 1 0 1 1 1 0 1 2 0 0	0 9* 0 Na Na 0 0 0 0 0	0 4 0 4 4 4 1 2 0 0 0 0	2 20 2 0 0 0 0 0 0 0	0 0 0 Na Na + 0 0 0 Na + 0
Eden Foods, organic S&W  SAUSAGE  Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken  SESAME Arrowhead Mills, tahini (sesame spread) Maranatha tahini butter, no salt, roasted  SHAD, American, cooked dry  SHERBET	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 2 oz 2 links 2 links 3 oz 2 oz 2 tbs 2 tbs 3 oz 2 oz	15 25 0 120 120 230 125 50 100 130 120 259	0 0 0 0 8 8 8 18 7 0 3.5 11 8 19	0 0 0 Na 8 3 0 Na 6 Na 10	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 2 4 0 0 0	3 1 0 1 1 1 0 0 0 0 0	0 9* 0 Na Na 0 0 0 0 0 0	0 4 0 4 4 1 2 0 0 0 0 0 1	2 20 2 0 0 0 0 0 0 0 0 0 0	0 0 0 Na Na + 0 0 0 0 Na + 0 0 0 +
Eden Foods, organic S&W  SAUSAGE  Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken SESAME Arrowhead Mills, tahini (sesame spread) Maranatha tahini butter, no salt, roasted SHAD, American, cooked dry SHERBET Dreyer's, berry rainbow or tropical rainbow	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 2 oz 2 links 2 links 3 oz 2 oz 2 tbs 3 oz 2 oz	15 25 0 120 120 230 125 50 100 130 120 259 190 210 214	0 0 0 0 8 8 8 18 7 0 3.5 11 8 19	0 0 0 Na 8 3 0 Na 6 Na 10 6 Na	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 0 2 4 0 0 0 0	3 1 0 1 1 1 0 0 0 0 0	0 9* 0 Na Na 0 0 0 0 0 0	0 4 0 4 4 1 2 0 0 0 0 1	2 20 2 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 Na + 0 0 0 Na + 0 0 0 + 0 0 0 + 0 0 0 + 0 0 0 0 0 0
Eden Foods, organic S&W  SAUSAGE  Armour Brown & Serve, lite original Armour Brown & Serve, turkey Italian pork Italian sweet Lightlife, Gimme lean sausage style (soy) Lightlife, Smart country breakfast links Oscar Mayer, pork sausage links Oscar Mayer, turkey sausage, original Polish sausage, beef & chicken  SESAME Arrowhead Mills, tahini (sesame spread) Maranatha tahini butter, no salt, roasted  SHAD, American, cooked dry  SHERBET	2 tbs 1/2 c 2 tbs 3 links 3 links 3 oz 2 oz 2 links 2 links 3 oz 2 oz 2 tbs 2 tbs 3 oz 2 oz	15 25 0 120 120 230 125 50 100 130 120 259	0 0 0 0 8 8 8 18 7 0 3.5 11 8 19	0 0 0 Na 8 3 0 Na 6 Na 10	0 0 0 3 2.5 6 3 0 0.5 4 2.5 8	0 3 <1 0 0 0 0 2 4 0 0 0	3 1 0 1 1 1 0 0 0 0 0	0 9* 0 Na Na 0 0 0 0 0 0	0 4 0 4 4 1 2 0 0 0 0 0 1	2 20 2 0 0 0 0 0 0 0 0 0 0	0 0 0 Na + 0 0 0 Na +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Dreyer's, orange cream	⅓ c	130	2	Na	1	0	19	0	4	0	0
Dreyer's, raspberry or strawberry	1/2 C	130	1	Na	0.5	0	22	0	4	0	0
Dreyer's, swiss orange	1/2 C	150	3	Na	2.5	0	25	0	4	0	0
SHRIMP											
Canned, regular (Bumblebee)	1/4 C	40	0	0	0	0	1	0	6	0	0
Frozen, premium, cooked (Chicken of the											
Sea), large, tail on	3 oz	80	1	0	0	0	0	0	2	0	0
Frozen, premium, raw											
(Chicken of the Sea)	4 oz	120	2	Na	0	0	0	0	6	0	0
SNACK MIX											
Chex, bold party blend	1/2 C	140	6	Na	1.5	<1	2	0	0	0	0
Chex mix, cheddar	2/3 C	130	4	Na	1	<1	3	0	2	0	0
Chex mix, honey nut	1/2 C	130	4	Na	0.5	<1	5	0	0	0	0
Chex mix, hot 'n spicy	2/3 C	130	4	Na	1.5	1	2	0	0	0	0
Chex mix, peanut lovers	1/2 C	140	6	Na	1	1	2	0	0	0	0
Chex mix, summer ranch	2/s C	120	3	Na	0.5	<1	3	0	0	0	0
Chex mix, traditional	2/3 C	130	4	Na	0.5	1	2	0	0	0	0
Chex trail mix	1/2 C	140	4.5	Na	1.5	1	7	0	0	0	0
Chex chocolate peanut butter	2/s C	150	5	Na	1.5	<1	9	0	0	0	0
Chocolate turtle	2/s C	150	5	Na	2	<1	10	0	0	0	0
Gardetto's Italian cheese blend	1/2 C	140	5	Na	2	<1	2	0	0	0	0
Gardetto's mustard pretzel mix	1/2 C	130	2	Na	0	1	<1	0	0	0	0
Gardetto's snack mix, original	1/2 C	150	6	Na	3	1	1	0	0	0	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
									, ,		
Nabisco, cheddar	1 oz	130	4.5	Na	1	1	0	0	0	0	0
Nabisco, traditional	1 oz 1 oz	130	4.5 5	Na Na	1	1	0 2	0	0 2	0	0
Nabisco, traditional Planter's trail mix, fruit & nut	1 oz 1 oz 1 oz	130 140	4.5 5 9	Na Na Na	1 1 2.5	1 1 2	0 2 9	0 0 Na	0 2 0	0 0 0	0 0 Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch	1 oz 1 oz 1 oz 1 oz	130 140 160	4.5 5 9 11	Na Na Na Na	1 1 2.5 2	1 1 2 2	0 2 9 7	0 0 Na Na	0 2 0 4	0 0 0	0 0 Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins	1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150	4.5 5 9 11 11	Na Na Na Na Na	1 1 2.5 2 1.5	1 1 2 2 2	0 2 9 7 6	0 0 Na Na Na	0 2 0 4 2	0 0 0 0	0 0 Na Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160	4.5 5 9 11 11	Na Na Na Na Na Na	1 1 2.5 2 1.5 2.5	1 1 2 2 2 2	0 2 9 7 6	0 0 Na Na Na Na	0 2 0 4 2	0 0 0 0 0	0 Na Na Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts	1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150	4.5 5 9 11 11	Na Na Na Na Na	1 1 2.5 2 1.5	1 1 2 2 2	0 2 9 7 6	0 0 Na Na Na	0 2 0 4 2	0 0 0 0	0 0 Na Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160	4.5 5 9 11 11	Na Na Na Na Na Na	1 1 2.5 2 1.5 2.5	1 1 2 2 2 2	0 2 9 7 6	0 0 Na Na Na Na	0 2 0 4 2	0 0 0 0 0	0 Na Na Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas	loz loz loz loz loz loz loz	130 140 160 150 160 150	4.5 5 9 11 11 10	Na Na Na Na Na Na	1 1 2.5 2 1.5 2.5 1.5	1 1 2 2 2 2 2 2	0 2 9 7 6 13	O O Na Na Na Na Na	0 2 0 4 2 2 2	0 0 0 0 0	0 Na Na Na Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150	4.5 5 9 11 11 10 10	Na Na Na Na Na Na Na	1 1 2.5 2 1.5 2.5 1.5	1 1 2 2 2 2 2 2 2	0 2 9 7 6 13 1	O O Na Na Na Na Na	0 2 0 4 2 2 2	0 0 0 0 0 0	0 Na Na Na Na Na
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150	4.5 5 9 11 11 10 10	Na Na Na Na Na Na Na	1 1 2.5 2 1.5 2.5 1.5	1 1 2 2 2 2 2 2 2 2	0 2 9 7 6 13 1	O O Na Na Na Na Na	0 2 0 4 2 2 2 2	0 0 0 0 0 0	O O Na Na Na Na Na O O
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts  SOFT DRINKS  Hansen's Natural sodas Ginger ale Grapefruit Key lime	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150	4.5 5 9 11 11 10 10	Na Na Na Na Na Na O O	1 1 2.5 2 1.5 2.5 1.5	1 1 2 2 2 2 2 2 2 2 0 0	0 2 9 7 6 13 1	O O Na Na Na Na Na O O	0 2 0 4 2 2 2 2	0 0 0 0 0 0	O O Na Na Na Na Na O O
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts  SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130	4.5 5 9 11 10 10 0 0	Na Na Na Na Na Na O O	1 1 2.5 2 1.5 2.5 1.5 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0	0 2 9 7 6 13 1	O O Na Na Na Na Na O O	0 2 0 4 2 2 2 2 2	0 0 0 0 0 0 0	O Na Na Na Na Na O O
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts  SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130	4.5 5 9 11 10 10 0 0 0	Na Na Na Na Na Na Na O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 36	O O Na Na Na Na Na O O O	0 2 0 4 2 2 2 2 2	0 0 0 0 0 0 0	0 Na Na Na Na Na O O
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 160	4.5 5 9 11 11 10 10 0 0 0	Na Na Na Na Na Na O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0	1 1 2 2 2 2 2 2 2 2 2 0 0 0 0	0 2 9 7 6 13 1 1 37 43 36 36 35 43	0 0 Na Na Na Na Na 0 0 0	0 2 0 4 2 2 2 2 2	0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 160 160	4.5 5 9 11 11 10 10 0 0 0 0	Na Na Na Na Na Na O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 2 0 0 0 0 0	0 2 9 7 6 13 1 1 37 43 36 36 35 43	0 0 Na Na Na Na 0 0 0 0	0 2 0 4 2 2 2 2 2 0 0 0 0 0	0 0 0 0 0 0 0	0 0 Na Na Na Na 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kivi strawberry Mandarin lime Orange mango Root beer Vanilla cola	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 160	4.5 5 9 11 11 10 10 0 0 0	Na Na Na Na Na Na O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0	1 1 2 2 2 2 2 2 2 2 2 0 0 0 0	0 2 9 7 6 13 1 1 37 43 36 36 35 43	0 0 Na Na Na Na Na 0 0 0	0 2 0 4 2 2 2 2 2	0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts  SOFT DRINKS  Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer Vanilla cola IBC	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 130 160 160	4.5 5 9 11 10 10 0 0 0 0 0	Na Na Na Na Na Na O O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 2 0 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 35 43 43	0 Na Na Na Na Na 0 0 0 0 0	0 2 0 4 2 2 2 2 2 0 0 0 0 0	0 0 0 0 0 0	0 0 Na Na Na Na 0 0 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts  SOFT DRINKS  Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer Vanilla cola IBC Black cherry	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 130 160 160 160	4.5 5 9 11 10 10 0 0 0 0 0 0	Na Na Na Na Na Na O O O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 35 43 43 43	0 Na Na Na Na Na 0 0 0 0 0 0	0 2 0 4 2 2 2 2 2 0 0 0 0 0	0 0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer Vanilla cola IBC Black cherry Cream	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 130 160 160 160	4.5 5 9 11 10 10 0 0 0 0 0 0	Na Na Na Na Na Na O O O O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 35 43 43 43	0 Na Na Na Na Na O O O O O O O	0 2 0 4 2 2 2 2 2 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer Vanilla cola IBC Black cherry Cream Root beer	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 130 160 160 160	4.5 5 9 11 10 10 0 0 0 0 0 0	Na Na Na Na Na Na O O O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 35 43 43 43	0 Na Na Na Na Na 0 0 0 0 0 0	0 2 0 4 2 2 2 2 2 0 0 0 0 0	0 0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer Vanilla cola IBC Black cherry Cream Root beer Mountain Dew	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 160 160 160 180 180	4.5 5 9 11 10 10 0 0 0 0 0 0	Na Na Na Na Na Na O O O O O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 35 43 43 43 48 48 48	0 Na Na Na Na Na O O O O O O	0 2 0 4 2 2 2 2 2 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0 0 0 0
Nabisco, traditional Planter's trail mix, fruit & nut Planter's trail mix, golden nut crunch Planter's trail mix, mixed nuts & raisins Planter's trail mix, nut & chocolate Planter's trail mix, spicy nuts SOFT DRINKS Hansen's Natural sodas Ginger ale Grapefruit Key lime Kiwi strawberry Mandarin lime Orange mango Root beer Vanilla cola IBC Black cherry Cream Root beer	1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz 1 oz	130 140 160 150 160 150 140 160 130 130 130 160 160 160	4.5 5 9 11 10 10 0 0 0 0 0 0	Na Na Na Na Na Na O O O O O O O	1 1 2.5 2 1.5 2.5 1.5 0 0 0 0 0 0 0	1 1 2 2 2 2 2 2 2 2 0 0 0 0 0 0	0 2 9 7 6 13 1 37 43 36 36 35 43 43 43	0 Na Na Na Na Na O O O O O O O	0 2 0 4 2 2 2 2 2 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 Na Na Na Na Na 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Livewire	8 oz	110	0	0	0	0	31	0	0	0	0
MDX	8 oz	120	0	0	0	0	32	0	0	0	0
Regular and caffeine free	8 oz	110	0	0	0	0	31	0	0	0	0
Pepsi brands											
Diet, all	8 oz	0	0	0	0	0	0	0	0	0	0
Regular and caffeine free	8 oz	100	0	0	0	0	27	0	0	0	0
Sierra Mist	8 oz	100	0	0	0	0	26	0	0	0	0
Twist	8 oz	100	0	0	0	0	27	0	0	0	0
Wild cherry	8 oz	110	0	0	0	0	29	0	0	0	0
Vanilla	8 oz	110	0	0	0	0	28	0	0	0	0
Schweppes											
Club soda	8 oz	0	0	0	0	0	0	0	0	0	0
Ginger ale	8 oz	80	0	0	0	0	22	0	0	0	0
Tonic water	8 oz	90	0	0	0	0	22	0	0	0	0
SORBET											
Ben & Jerry's											
Berried Treasure	1/2 C	110	0	0	0	1	24	0	0	6	0
Jamaican Me Crazy	1/2 C	130	0	0	0	<1	28	0	0	6	0
Strawberry kiwi	1/2 C	110	0	0	0	1	24	0	0	8	0
Häagen-Dazs											
Chocolate	⅓ c	130	0.5	0	0	2	20	0	0	0	0
Mango	1/2 C	120	0	0	0	0	36	0	0	0	0
Strawberry	1/2 C	120	0	0	0	<1	30	0	0	15	0
Food	Portion	Calories	<b>Total Fat</b>	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Tropical	Size 1/2 C	150	(g) 0	Fats (g)	Fats (g)	(g) 0	(mg) 38	carotene (mcg)	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Tropical Zesty lemon		150 110			_			1 01	<u> </u>	<u> </u>	
	1/2 <b>c</b>		0	0	0	0	38	0	0	4	0
Zesty lemon	1/2 <b>c</b>		0	0	0	0	38	0	0	4	0
Zesty lemon SOUPS	1/2 <b>c</b>		0	0	0	0	38	0	0	4	0
Zesty lemon SOUPS Campbell's	½ c ⅓ c	110	0	0	0	0 <1	38 29	0	0 2	4	0
Zesty lemon SOUPS Campbell's Bean w/bacon	½ ¢ ½ ¢ ⅓ ¢	110	0 0	0 0 Na	0 0	0 <1 8	38 29 4	0 0	0 2	4 4	0 0 Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle	½ c ½ c ½ c	110 170 70	0 0 4 2.5	0 0 Na Na	0 0 1.5 0.5	0 <1 8 <1	38 29 4 1	0 0	0 2 6 0	4 4 0 0	0 0 Na Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle Beef w/vegetables & barley	1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	110 170 70 90	0 0 4 2.5 1.5	O O Na Na O	0 0 1.5 0.5	0 <1 8 <1 3	38 29 4 1 2	0 0 0 0 0 0	0 2 6 0	4 4 0 0	0 0 Na Na Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese	1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	110 170 70 90 110	0 0 4 2.5 1.5	O O Na Na O Na	0 0 1.5 0.5 1 0.5	0 <1 8 <1 3 6	38 29 4 1 2 5	0 0 0 0 0 0 Na	0 2 6 0 0 4	4 4 0 0 0	0 0 Na Na Na Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean	1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	110 170 70 90 110	0 0 4 2.5 1.5 1.5 4.5	O O Na Na O Na Na	0 0 1.5 0.5 1 0.5 2	0 <1 8 <1 3 6	38 29 4 1 2 5	0 0 0 0 0 0 Na Na	0 2 6 0 0 4 4	4 4 0 0 0 0 0	0 0 Na Na Na Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars	1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C 1/2 C	170 70 90 110 100 70	0 0 4 2.5 1.5 1.5 4.5 2.5	O O Na Na O Na Na Na	0 0 1.5 0.5 1 0.5 2	0 <1 8 <1 3 6 0	38 29 4 1 2 5 2	0 0 0 0 0 0 Na Na Na	0 2 6 0 0 4 4 4	4 4 0 0 0 0 0 2	O O Na Na Na Na Na
Zesty lemon  SOUPS  Campbell's  Bean w/bacon  Beef noodle  Beef w/vegetables & barley  Black bean  Broccoli cheese  Chicken & dumplings	りな C りな C りな C りな C りな C りな C りな C りな C	110 170 70 90 110 100 70	0 0 4 2.5 1.5 1.5 4.5 2.5 2.5	O O Na Na O Na Na Na Na	0 0 1.5 0.5 1 0.5 2 1 0.5	0 <1 8 <1 3 6 0 1	38 29 4 1 2 5 2	0 0 0 0 0 0 Na Na Na Na	0 2 6 0 0 4 4 0 0	4 4 0 0 0 0 0 2 0	O O Na Na Na Na Na Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle	りな C りな C りな C りな C りな C りな C りな C りな C	110 170 70 90 110 100 70 70 60	0 0 4 2.5 1.5 1.5 4.5 2.5 2	O O Na Na O Na Na Na Na	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5	0 <1 8 <1 3 6 0 1 1	38 29 4 1 2 5 2 1 1	O O O O O Na Na Na Na Na	0 2 6 0 0 4 4 0 0	4 4 0 0 0 0 0 2 0 0	O O Na Na Na Na Na Na Na
Zesty lemon SOUPS Campbell's Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable	りな C りな C りな C りな C りな C りな C りな C りな C	170 70 90 110 100 70 70 60 60	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1	O O Na Na O Na Na Na Na O	0 0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 1	38 29 4 1 2 5 2 1 1 2	0 0 0 0 0 Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2	4 4 0 0 0 0 0 2 0 0 0	O O Na Na Na Na Na Na Na Na
Zesty lemon SOUPS  Campbell's  Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable Chicken won ton	りな C りな C りな C りな C りな C りな C りな C りな C	110 170 70 90 110 100 70 70 60 60 80	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1	O O Na Na O Na Na Na O O I	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 1 0 2	38 29 4 1 2 5 2 1 1 2 0 3	O O O O Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2 1 2	4 4 0 0 0 0 0 2 0 0 0 0	O O Na Na Na Na Na Na Na
Zesty lemon SOUPS  Campbell's  Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable Chicken won ton Cream of broccoli, 98% fat free	少 c 少 c り c り c り c り c り c り c	110 170 70 90 110 100 70 70 60 60 80 60	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2	0 0 Na Na 0 Na Na Na 0 1 0	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 1 0 2	38 29 4 1 2 5 2 1 1 2 0 3	O O O O Na Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2 1 2	4 4 0 0 0 0 0 2 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na
Zesty lemon SOUPS  Campbell's  Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable Chicken won ton	地で 地で 地で 地で 地で 地で 地で 地で 地で 地で 地で 地で 地で 地	110 170 70 90 110 100 70 60 60 80 60 70	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2 1 1	0 0 0 Na Na Na Na Na 0 1 0 0	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 1 0 2 0 2	38 29 4 1 2 5 2 1 1 2 0 3 1	O O O O Na Na Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 0 2 1 2 0 2	4 4 0 0 0 0 0 2 0 0 0 0 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na Na Na Na
Zesty lemon SOUPS  Campbell's  Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable Chicken won ton Cream of broccoli, 98% fat free Cream of celery	少 な な な な な な な な な な な な な	110 170 70 90 110 100 70 70 60 60 80 60 70 90	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2 1 2 6	Na Na Na O Na Na Na O I O O Na	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 0 2 0 2 3	38 29 4 1 2 5 2 1 1 2 0 3 1	O O O O Na Na Na Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2 1 2 0 2 2	4 4 0 0 0 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na Na Na Na
Zesty lemon SOUPS  Campbell's  Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable Chicken vegetable Chicken won ton Cream of broccoli, 98% fat free Cream of celery Cream of chicken Cream of chicken	少 c	110 170 70 90 110 100 70 60 60 60 70 90 120	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2 1 2 6 8 2.5	Na Na Na O Na Na Na O I O O Na Na	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 0 2 0 2 3 2 1	38 29 4 1 2 5 2 1 1 2 0 3 1 1	O O O O Na Na Na Na Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2 1 2 0 2	4 4 0 0 0 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na Na Na Na Na Na
Zesty lemon  SOUPS  Campbell's  Bean w/bacon  Beef noodle  Beef w/vegetables & barley  Black bean  Broccoli cheese  Chicken & dumplings  Chicken & stars  Chicken gumbo  Chicken noodle  Chicken vegetable  Chicken vegetable  Chicken won ton  Cream of broccoli, 98% fat free  Cream of celery  Cream of chicken  Cream of chicken  Cream of chicken  Cream of mushroom	12 с 12 с 12 с 12 с 12 с 12 с 12 с 12 с	110 170 70 90 110 100 70 70 60 60 60 60 70 90 120 70	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2 1 2 6 8 2.5 6	Na Na Na O Na Na Na O 1 O O Na Na Na O Na	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 <1 8 <1 3 6 0 1 1 0 2 0 2 3 2 1 2	38 29 4 1 2 5 2 1 1 2 0 3 1 1 1	0 0 0 0 0 Na Na Na Na Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2 1 2 0 2 2 0	4 4 0 0 0 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na Na Na Na Na Na
Zesty lemon SOUPS  Campbell's  Bean w/bacon Beef noodle Beef w/vegetables & barley Black bean Broccoli cheese Chicken & dumplings Chicken & stars Chicken gumbo Chicken noodle Chicken vegetable Chicken won ton Cream of broccoli, 98% fat free Cream of chicken Cream of mushroom Cream of potato	12 с 12 с 12 с 12 с 12 с 12 с 12 с 12 с	110 170 70 90 110 100 70 70 60 60 60 60 70 90 120 70 100	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2 1 2 6 8 2.5 6	O O O Na Na Na O O O O O O O O O O O O O	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5 1 0.5	0 <1 8 <1 3 6 0 1 1 0 2 0 2 3 2 1	38 29 4 1 2 5 2 1 1 2 0 3 1 1 1 1	O O O O O Na Na Na O Na Na Na Na Na Na Na Na	0 2 6 0 0 4 4 0 0 2 1 2 0 2 2 0 0	4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na Na Na Na Na Na
Zesty lemon  SOUPS  Campbell's  Bean w/bacon  Beef noodle  Beef w/vegetables & barley  Black bean  Broccoli cheese  Chicken & dumplings  Chicken & stars  Chicken gumbo  Chicken noodle  Chicken vegetable  Chicken vegetable  Chicken won ton  Cream of broccoli, 98% fat free  Cream of celery  Cream of chicken  Cream of chicken  Cream of chicken  Cream of mushroom	12 с 12 с 12 с 12 с 12 с 12 с 12 с 12 с	110 170 70 90 110 100 70 70 60 60 80 60 70 90 120 70 100 90	0 0 4 2.5 1.5 1.5 4.5 2.5 2 1 2 1 2 6 8 2.5 6	O O O Na Na Na O O O O O Na	0 0 1.5 0.5 1 0.5 2 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5 1 1.5 1.5 1.5 1.5	0 <1 8 <1 3 6 0 1 1 0 2 0 2 3 2 1 2 2	38 29 4 1 2 5 2 1 1 2 0 3 1 1 1 1	O O O O Na Na Na Na O Na Na Na Na Na Na	0 2 6 0 0 4 4 4 0 0 2 1 2 0 2 2 0 0	4 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	O O Na Na Na Na Na Na Na Na Na Na Na Na Na

ood	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Fiesta nacho cheese	½ <b>c</b>	120	8	Na	4	1	2	Na	8	0	Na
French onion	1/2 C	45	1.5	0	1	1	4	Na	2	0	Na
Golden mushroom	1/2 C	80	3.5	Na	1	1	1	Na	0	0	Na
Goldfish meatball	1/2 C	180	2.5	Na	1.5	2	1	Na	0	0	Na
Green pea	1/2 C	180	3	Na	1	11	6	Na	2	0	Na
Hearty vegetable w/pasta	1/2 C	90	0.5	0	0	2	8	Na	2	0	Na
Manhattan clam chowder	1/2 C	70	0.5	0	0.5	2	2	Na	2	2	Na
Minestrone	1/2 C	90	1	0	0.5	3	3	Na	2	0	Na
New England clam chowder	1/2 C	90	2.5	Na	0.5	1	1	Na	2	0	Na
New England clam chowder,											
98% fat free	1/2 C	80	2	Na	0.5	2	1	0	0	0	Na
Old fashioned vegetable	1/2 C	80	1.5	0	0.5	2	3	Na	2	0	Na
Pepper pot	⅓ <b>c</b>	90	4	Na	1.5	1	1	Na	2	0	Na
Scotch broth	1/2 C	90	4	Na	1.5	1	1	Na	2	0	Na
Split pea w/ham & bacon	1/2 C	180	3.5	Na	2	5	4	Na	2	0	Na
Tomato noodle	1/2 C	120	0.5	0	0	2	3	Na	0	10	Na
Tomato	1/2 C	90	0	0	0	1	12	Na	0	10	Na
Vegetable beef	1/2 €	90	1	0	0.5	3	2	Na	2	0	Na
Vegetarian vegetable	1/2 C	90	0.5	0	0	2	6	Na	2	0	Na
Campbell's Chunky											
Baked potato w/cheddar & bacon	1 c	160	6	Na	1	2	3	Na	4	0	Na
Baked potato w/steak & cheese	1 c	210	10	Na	2.5	3	3	Na	2	0	Na
Danca polato 11/3teak a tileese									_		Na
	1 c	150	2.5	Na	1	4	4	Na	2	0	Na
Beef w/country vegetable Chicken & dumplings	1 c 1 c	150 180 Calories	7 Total Fat	Na Good	2 Bad	4 Fiber	3 Sugars	Na Beta-	2 Calcium	0 Vit. C	Na B vit.
Beef w/country vegetable Chicken & dumplings	1 c 1 c Portion Size	180 Calories	7 Total Fat (g)	Na Good Fats (g)	2 Bad Fats (g)	4 Fiber (g)	Sugars (mg)	Na Beta- carotene (mcg)	2 Calcium (%DV)	0 Vit. C (%DV)	Na B vit. (0,+,++
Beef w/country vegetable Chicken & dumplings  od Chicken mushroom chowder	l c l c Portion Size	180 Calories 210	7 Total Fat (g)	Na Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Na Beta- carotene (mcg)	Calcium (%DV)	0 Vit. C (%DV)	Na B vit. (0,+,++
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo	Portion Size	180 Calories 210 140	7 Total Fat (g) 12 2.5	Good Fats (g) Na Na	Bad Fats (g)	Fiber (g)	Sugars (mg)	Na Beta- carotene (mcg) Na Na	2 Calcium (%DV) 2 2	0 Vit. c (%DV)	Na B vit. (0,+,++ Na Na
Beef w/country vegetable Chicken & dumplings od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham	Portion Size	180 Calories 210 140 180	7 Total Fat (g) 12 2.5 2	Good Fats (g) Na Na Na	2 Bad Fats (g) 3 1 0.5	Fiber (g) 3 3 8	Sugars (mg)	Na Beta- carotene (mcg) Na Na Na	Calcium (%DV)	0 Vit. C (%DV) 0 0	Na B vit. (0,+,++ Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c	210 140 180 170	7 Total Fat (g) 12 2.5 2 2.5	Good Fats (g) Na Na Na Na	2 Bad Fats (g) 3 1 0.5	4 Fiber (g) 3 3 8 4	Sugars (mg) 3 4 5	Na Beta- carotene (mcg) Na Na Na Na	Calcium (%DV)	0 Vit. C (%DV) 0 0 0	Na B vit. (0,+,++ Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes	Portion Size  1 C 1 C 1 C 1 C 1 C 1 C 1 C	210 140 180 170 130	7 Total Fat (g) 12 2.5 2 2.5 2 2.5 2.5	Good Fats (g) Na Na Na Na Na Na	2 Bad Fats (g) 3 1 0.5 1	4 Fiber (g) 3 3 8 4 3	3 Sugars (mg) 3 4 5 5 7	Na  Beta- carotene (mcg)  Na Na Na Na Na Na Na	2 Calcium (%DV) 2 2 6 2 4	0 Vit. C (%DV) 0 0 0 2 2	B vit. (0,+,++ Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder	Portion Size  1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1	210 140 180 170 130 210	7 Total Fat (g) 12 2.5 2 2.5 2 5 9	Good Fats (g) Na Na Na Na Na Na Na	2 Bad Fats (g) 3 1 0.5 1	4 Fiber (g) 3 3 8 4 3 5	3 Sugars (mg) 3 4 5 5 7 2	Na  Beta- carotene (mcg)  Na Na Na Na Na Na Na Na Na	2 Calcium (%DV) 2 2 6 2 4 2	0 Vit. c (%DV) 0 0 0 2 2	B vit. (0,+,++ Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak	Portion Size  1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1	210 140 180 170 130 210 120	7 Total Fat (g) 12 2.5 2 2.5 2.5 9 1.5	Rats (g) Na	Bad Fats (g) 3 1 0.5 1 1 1 0.5	4 Fiber (g) 3 3 8 4 3 5 3	3 Sugars (mg) 3 4 5 5 7 2 4	Na  Beta- carotene (mcg)  Na	2 Calcium (%DV) 2 2 6 2 4 2 2	0 Vit. c (%DV) 0 0 0 2 2 0 2	B vit. (0,+,++ Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120	7 Total Fat (g) 12 2.5 2 2.5 2.5 9 1.5 1.5	Good Fats (g) Na Na Na Na Na Na Na O	Bad Fats (g) 3 1 0.5 1 1 0.5 1	4 Fiber (g) 3 3 8 4 3 5 3 3	3 Sugars (mg) 3 4 5 5 7 2 4 4	Na  Beta- carotene (mcg)  Na	2 Calcium (%DV) 2 2 6 2 4 2 2 2	0 Vit. c (%DV) 0 0 0 2 2 0 2	B vit. (0,+,++ Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110	7 Total Fat (g) 12 2.5 2 2.5 2.5 9 1.5 1.5	Good Fats (g) Na Na Na Na Na Na O O	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1	4 Fiber (g) 3 3 8 4 3 5 3 3 4	3 Sugars (mg) 3 4 5 5 7 2 4 4 6	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 2 4	0 Vit. C (%DV) 0 0 0 2 2 0 2 2	B vit. (0,+,++ Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170	7 Total Fat (g) 12 2.5 2.5 2.5 9 1.5 1.5 1 2.5	Na Good Fats (g) Na Na Na Na Na O O O	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 1	Fiber (g) 3 3 8 4 4 3 5 5 3 4 4 4	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 2 4 2 2	0 Vit. C (%DV) 0 0 0 2 2 0 2 2 0 4	B vit. (0,+,++ Na Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  od  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130	7 Total Fat (g) 12 2.5 2.5 2.5 9 1.5 1.5 1 2.5 2	Na Good Fats (g) Na Na Na Na Na Na O O O Na Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 1	Fiber (g) 3 3 8 4 4 3 5 5 3 4 4 4 2	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5 5	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV)  2 2 6 2 4 2 2 2 4 2 0	0 Vit. c (%DV) 0 0 0 2 2 0 2 2 0 4	B vit. (0,+,++ Na
Beef w/country vegetable Chicken & dumplings  Tod  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170	7 Total Fat (g) 12 2.5 2.5 2.5 9 1.5 1.5 1 2.5	Na Good Fats (g) Na Na Na Na Na O O O	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 1	Fiber (g) 3 3 8 4 4 3 5 5 3 4 4 4	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 2 4 2 2	0 Vit. C (%DV) 0 0 0 2 2 0 2 2 0 4	B vit. (0,+,++) Na Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  Tod  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 110 170 130 180	7  Total Fat (g)  12 2.5 2.5 2.5 9 1.5 1.5 1 2.5 2 7	Na Good Fats (g) Na Na Na Na Na Na O O O Na Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2	4 Fiber (g) 3 3 8 4 3 5 3 4 4 4 2 4	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5 2 3	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV)  2 2 6 2 4 2 2 2 4 2 0 2	0 Vit. c (%DV) 0 0 0 2 2 2 0 4 0 0	B vit. (0,+,++ Na Na Na Na Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  cod  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180	7 Total Fat (g) 12 2.5 2 2.5 2.5 9 1.5 1.5 1 2.5 2 7	Na Good Fats (g) Na Na Na Na Na Na O O O Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2	4 Fiber (g) 3 3 8 4 3 5 3 3 4 4 4 2 4	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5 5 2 3	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2	0 Vit. C (%DV)  0  0  2  2  0  4  0  0	B vit. (0,+,++ Na Na Na Na Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  cod  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180	7 Total Fat (g) 12 2.5 2.5 2.5 9 1.5 1.5 1 2.5 2 7	Na Good Fats (g) Na Na Na Na Na Na O O O Na	2 Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2 1.5 2	4 Fiber (g) 3 3 8 4 3 5 5 3 4 4 4 2 4 5 3	3 Sugars (mg) 3 4 5 7 2 4 4 6 5 2 3 3 2	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 2 4 2	0 Vit. C (%DV) 0 0 0 2 2 2 0 4 0 0	B vit. (0,+,++ Na Na Na Na Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbel's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings New England clam chowder	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180 150 190 200	7 Total Fat (g) 12 2.5 2 2.5 2.5 9 1.5 1.5 1 2.5 2 7	Na Good Fats (g) Na Na Na Na Na Na O O O Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2	Fiber (g) 3 3 8 4 3 5 5 3 3 4 4 2 2 4 5 3 3 3	3 Sugars (mg) 3 4 5 7 2 4 4 6 5 2 3 3 2 2	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 4 2 2 2 4 2 2 8	0 Vit. c (%DV) 0 0 0 2 2 0 2 2 0 4 0 0	Na B vit. (0,+,++) Na
Beef w/country vegetable Chicken & dumplings  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings New England clam chowder Sirloin burger w/country vegetables	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180	7 Total Fat (g) 12 2.5 2.5 2.5 9 1.5 1.5 1 2.5 2 7	Na Good Fats (g) Na Na Na Na Na Na O O O Na	2 Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2 1.5 2	4 Fiber (g) 3 3 8 4 3 5 5 3 4 4 4 2 4 5 3	3 Sugars (mg) 3 4 5 7 2 4 4 6 5 2 3 3 2	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 4 2 2 2 2 2 4 2	0 Vit. C (%DV) 0 0 0 2 2 2 0 4 0 0	B vit. (0,+,++ Na Na Na Na Na Na Na Na Na Na Na Na Na
Beef w/country vegetable Chicken & dumplings  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings New England clam chowder Sirloin burger w/country vegetables Campbell's Healthy Request	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180 150 190 200 160	7 Total Fat (g) 12 2.5 2 2.5 2.5 9 1.5 1.5 1 2.5 2 7 3 9 12 4	Na  Good Fats (g)  Na  Na  Na  Na  Na  O  O  Na  Na  Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2 1.5 2 2.5 2	Fiber (g) 3 3 8 4 3 5 5 3 3 4 4 4 2 4 5 5 3 3 3 4	3 Sugars (mg) 3 4 5 7 2 4 4 6 5 2 3 3 2 4	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 2 4 2 0 2 2 2 4 2 2 2 2 4 2 2 2 2	0 Vit. c (%DV) 0 0 0 2 2 2 0 4 0 0	B vit. (0,+,++ Na
Beef w/country vegetable Chicken & dumplings  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings New England clam chowder Sirloin burger w/country vegetables Campbell's Healthy Request Chicken noodle	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180 150 190 200 160	7 Total Fat (g) 12 2.5 2 2.5 9 1.5 1.5 1 2.5 2 7 3 9 12 4	Na  Good Fats (g)  Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2 1.5 2 2.5 2 2.5 2	Fiber (g) 3 3 8 4 3 5 5 3 3 4 4 4 2 4 5 5 3 3 3 4 4 1	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5 2 3 2 2 4	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 4 2 2 2 4 2 0 2 2 8 2 0	0 Vit. c (%DV) 0 0 0 2 2 2 0 4 0 0	B vit. (0,+,++  Na
Beef w/country vegetable Chicken & dumplings  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings New England clam chowder Sirloin burger w/country vegetables Campbell's Healthy Request Chicken noodle Cream of celery	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180 150 190 200 160 60 70	7 Total Fat (g) 12 2.5 2 2.5 9 1.5 1.5 1 2.5 2 7 3 9 12 4	Na  Good Fats (g)  Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2 2 2.5 2 2 0.5 0.5	Fiber (g) 3 3 8 4 3 5 5 3 3 4 4 4 2 4 5 5 3 3 3 4 4 1 1 1	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5 2 3 3 2 2 4	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 2 4 2 2 2 4 2 0 2 2 0 0 0	0 Vit. c (%DV) 0 0 0 2 2 2 0 4 0 0 0	B vit. (0,+,++) Na
Beef w/country vegetable Chicken & dumplings  Chicken mushroom chowder Grilled chicken & sausage gumbo Hearty bean & ham Hearty beef barley Honey roasted ham w/potatoes New England clam chowder Pepper steak Savory pot roast Savory vegetable Split pea & ham Steak & potato Turkey pot pie Campbell's Chunky Microwaveable Beef w/country vegetables Chicken & dumplings New England clam chowder Sirloin burger w/country vegetables Campbell's Healthy Request Chicken noodle	Portion Size  1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1 c 1	210 140 180 170 130 210 120 120 110 170 130 180 150 190 200 160	7 Total Fat (g) 12 2.5 2 2.5 9 1.5 1.5 1 2.5 2 7 3 9 12 4	Na  Good Fats (g)  Na	Bad Fats (g) 3 1 0.5 1 1 0.5 1 0.5 1 0.5 2 1.5 2 2.5 2 2.5 2	Fiber (g) 3 3 8 4 3 5 5 3 3 4 4 4 2 4 5 5 3 3 3 4 4 1	3 Sugars (mg) 3 4 5 5 7 2 4 4 6 5 2 3 2 2 4	Na  Beta- carotene (mcg)  Na  Na  Na  Na  Na  Na  Na  Na  Na  N	2 Calcium (%DV) 2 2 6 2 4 2 2 4 2 2 2 4 2 0 2 2 8 2 0	0 Vit. c (%DV) 0 0 0 2 2 2 0 4 0 0	Na B vit. (0,+,++ Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Campbell's Select											
Beef w/roasted barley	1 c	130	1	0	0.5	2	4	Na	2	0	Na
Chicken vegetable medley	1 c	110	0.5	0	0.5	2	4	Na	2	0	Na
Creamy chicken alfredo	1 c	180	7	Na	1	2	1	Na	4	0	Na
Italian style wedding	1 c	120	3	Na	1.5	2	3	Na	4	0	Na
Minestrone	1 c	100	0.5	0	0	3	5	Na	4	0	Na
New England clam chowder, 98% fat free	1 c	110	1.5	Na	0	2	2	Na	2	0	Na
Potato broccoli cheese	1 c	120	4	Na	1	4	2	Na	4	4	Na
Roasted chicken w/rotini	1 c	100	0.5	0	0.5	2	2	Na	2	2	Na
Savory lentil	1 c	140	0.5	0	0.5	6	5	Na	6	0	Na
Split pea w/roasted ham	1 c	160	1	0	0	5	5	Na	4	0	Na
Tomato garden	1 c	100	0.5	0	0.5	2	12	Na	4	0	Na
Vegetable medley	1 c	100	0.5	0	0	3	6	Na	4	0	Na
Campbell's Soup at Hand											
Blended vegetable medley	1 cont	100	1.5	Na	0.5	4	9	Na	2	50	Na
Chicken & stars	1 cont	60	1.5	0	0.5	2	1	Na	0	0	Na
Cream of broccoli	1 cont	150	7	Na	2	7	3	Na	2	0	Na
Velvety potato	1 cont	160	7	Na	1	4	5	Na	2	0	Na
Imagine			_								
Crab bisque	8 oz	130	5	Na	3	0	4	Na	15	10	Na
Lobster bisque	8 oz	130	5	Na	3	ō	4	Na	15	10	Na
Creamy broccoli, organic	8 oz	60	1.5	Na	0	2	3	Na	2	0	Na
Creamy butternut squash, organic	1 c	90	2	Na	o o	2	7	Na	4	ő	Na
Creamy chicken, organic	1 c	70	1.5	Na	0	ĩ	í	Na	2	8	Na
,,a											
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Creamy sweet corn, organic	Size 1 C	120		Fats (g) Na		(g) 3	(mg) 9				
Creamy sweet corn, organic Creamy sweet potato, organic			(g)		Fats (g)			carotene (mcg)	(% <b>DV</b> )	(%DV)	(0,+,++)
Creamy sweet potato, organic	1 c	120	(g) 3	Na	Fats (g) 0.6	3	9	carotene (mcg) Na	(%DV)	(% <b>DV</b> )	(0,+,++) Na
Creamy sweet potato, organic Creamy tomato basil, organic	1 c 1 c	120 110	(g) 3 1.5	Na Na	0.6 0	3 1	9	carotene (mcg) Na Na	(%DV) 2 2	(% <b>DV</b> ) 0 35	(0,+,++) Na Na
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium	1 c 1 c 1 c	120 110 90	(g) 3 1.5 1.5	Na Na Na	0.6 0 0	3 1 2	9 2 7	carotene (mcg) Na Na Na	(% <b>DV</b> ) 2 2 4	0 35 0	(0,+,++) Na Na Na
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo	1 c 1 c 1 c	120 110 90	(g) 3 1.5 1.5	Na Na Na 0.5	0.6 0 0 0	3 1 2	9 2 7	Na Na Na Na Na	(%DV) 2 2 4	0 35 0	(0,+,++) Na Na Na Na
Creamy sweet potato, organic Creamy tomato basil, organic Progresso-50% less sodium Chicken gumbo Chicken noodle	1 c 1 c 1 c 1 c	120 110 90 110 90	(g) 3 1.5 1.5 1.5	Na Na Na 0.5 0	0.6 0 0	3 1 2 2	9 2 7 2 2	Na Na Na Na Na Na Na	(% <b>DV</b> ) 2 2 4	0 35 0 6 2	(0,+,++) Na Na Na O O
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable	1 c 1 c 1 c	120 110 90	(g) 3 1.5 1.5	Na Na Na 0.5	0.6 0 0 0 0.5 0	3 1 2	9 2 7	Na Na Na Na Na	2 2 4 2 2	0 35 0	(0,+,++) Na Na Na Na
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty	1c 1c 1c	120 110 90 110 90 100	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0	0.6 0 0 0 0.5 0	3 1 2 2 1 3	9 2 7 2 2 4	Na Na Na Na Na Na Na Na Na	(%DV) 2 2 4 2 2 2 4	0 35 0 6 2 6	(0,+,++) Na Na Na 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable	1c 1c 1c 1c	120 110 90 110 90 100	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0	0.6 0 0 0 0.5 0 0	3 1 2 2 1 3	9 2 7 2 2 4	Na Na Na Na Na Na Na Na Na Na	(%DV) 2 2 4 2 4 2 2 4	0 35 0 6 2 6	0,+,++) Na Na Na Na 0 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder	1c 1c 1c 1c 1c 1c	120 110 90 110 90 100	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0 0	0.6 0 0 0.5 0 0 0.5 2.5	3 1 2 2 1 3	9 2 7 2 2 4 4 5	Na Na Na Na Na Na Na Na Na 1600*	(%DV) 2 2 4 2 2 4	0 35 0 6 2 6	0,+,++) Na Na Na Na 0 0 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles	1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0 0 0	0.6 0 0 0 0.5 0 0 0 0.5 0 0	3 1 2 2 1 3 3	9 2 7 2 2 4 4 5	Na N	(%DV) 2 2 4 2 2 4 2 2 2 2 2	0 35 0 6 2 6 0 8	0,+,++) Na Na Na O O O O
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style	1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0 0 0 2 0.5 Na	0.6 0 0 0.5 0 0 0.5 0 0.5 2.5 0.5	3 1 2 2 1 3 3 2 1 2	9 2 7 2 2 4 4 5 1 3	Na N	(%DV) 2 2 4 2 4 2 2 4 2 2 2 2 2 2 2	0 35 0 6 2 6 0 8 0	(0,+,++) Na Na Na O O O O O O
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder	1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0 0 0 2 0.5 Na Na	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2	3 1 2 2 1 3 3 2 1 2 2	9 2 7 2 2 4 4 5 1 3 2	Na N	(%DV) 2 2 4 2 2 4 2 2 2 2 2 2 2 2	0 35 0 6 2 6 0 8 0 0 6	0,+,++) Na Na Na Na 0 0 0 0 +
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder Steak & homestyle noodles	1c 1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190 120	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3	Na Na Na 0.5 0 0 0 2 0.5 Na Na	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2	3 1 2 2 1 3 3 2 1 2 2 1	9 2 7 2 2 4 4 5 1 3 2 3	Na N	(%DV) 2 2 4 2 2 4 2 2 2 2 2 2 0	0 35 0 6 2 6 0 8 0 0 6	(0,+,++) Na Na Na Na 0 0 0 0 + 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms	1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190	(g) 3 1.5 1.5 1.5 1.5 0	Na Na Na 0.5 0 0 0 2 0.5 Na Na	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2	3 1 2 2 1 3 3 2 1 2 2	9 2 7 2 2 4 4 5 1 3 2	Na N	(%DV) 2 2 4 2 2 4 2 2 2 2 2 2 2 2	0 35 0 6 2 6 0 8 0 0 6	(0,+,++) Na Na Na Na 0 0 0 0 +
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional	1c 1c 1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190 120	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2	Na Na Na 0.5 0 0 0 2 0.5 Na Na Na	0.6 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1	3 1 2 2 1 3 3 2 1 2 2 1	9 2 7 2 2 4 4 5 1 3 2 3	Na N	(%DV) 2 2 4 2 2 4 2 2 2 2 0 0	0 35 0 6 2 6 0 8 0 0 6	(0,+,++) Na Na Na Na 0 0 0 0 + 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken corn chowder Chicken bet pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional Beef & baked potato	1c 1c 1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190 120 110	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2	Na Na Na 0.5 0 0 0 2 0.5 Na Na Na Na	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1 0.5	3 1 2 2 1 3 3 2 1 2 2 1	9 2 7 2 2 4 4 5 1 3 2 3 3	Na N	(%DV) 2 2 4 2 2 4 2 2 2 0 0	0 35 0 6 2 6 0 8 0 0 6 0	(0,+,++) Na Na Na Na 0 0 0 0 0 0 Na Na Na
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional Beef & baked potato Beef & mushroom	1c 1c 1c 1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190 120 110	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2 2.5 1	Na Na Na 0.5 0 0 0 2 0.5 Na Na Na Na	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1 0.5	3 1 2 2 1 3 3 2 1 2 2 1 1	9 2 7 2 2 4 4 5 1 3 2 3 3	Na N	(%DV)  2 2 4  2 2 4  2 2 2 0 0 2 2 2	0 35 0 6 2 6 0 8 0 0 6 0	(0,+,++) Na Na Na Na 0 0 0 0 0 0 Na Na Na Na
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional Beef & baked potato Beef & mushroom Chicken cheese enchilada, Carb Monitor	1c 1c 1c 1c 1c 1c 1c 1c 1c 1c	120 110 90 110 90 100 130 210 110 170 190 120 110	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2 2.5 1 12	Na Na Na 0.5 0 0 2 0.5 Na Na Na Na O.5 0	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1 0.5	3 1 2 2 1 3 2 1 2 2 1 1 1	9 2 7 2 2 4 4 5 1 3 2 3 3 3	Na N	(%DV)  2 2 4  2 2 4  2 2 2 0 0 2 2 6	0 35 0 6 2 6 0 8 0 0 6 0 0	(0,+,++) Na Na Na Na 0 0 0 0 0 0 Na Na Na 0 0 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken bot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional Beef & baked potato Beef & mushroom Chicken cheese enchilada, Carb Monitor Chicken noodle, 99% fat free	1c 1	120 110 90 110 90 100 130 210 110 170 190 120 110 100 100	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2 2.5 1 12 2	Na Na Na 0.5 0 0 2 0.5 Na Na Na Na O.5 0	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1 0.5	3 1 2 2 1 3 3 2 1 2 2 1 1 1	9 2 7 2 2 4 4 5 1 3 2 3 3 3	Na N	(%DV)  2 2 4 2 2 4 2 2 2 0 0 2 2 6 2	0 35 0 6 2 6 0 8 0 0 6 0 0	(0,+,++) Na Na Na Na 0 0 0 0 0 0 Na Na Na 0 0 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken & homestyle noodles Chicken pot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional Beef & baked potato Beef & mushroom Chicken cheese enchilada, Carb Monitor Chicken noodle, 99% fat free Chicken vegetable, Carb Monitor	1c 1	120 110 90 110 90 100 130 210 110 170 190 120 110 100 100 170	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2 2.5 1 12 2 2	Na Na Na 0.5 0 0 2 0.5 Na Na Na Na 0.5 0	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1 0.5 1	3 1 2 2 1 3 3 2 1 2 2 1 1 1	9 2 7 2 2 4 4 5 1 3 2 3 3 3	Na N	(%DV)  2 2 4 2 2 4 2 2 2 0 0 2 2 2 2 2 2 2 2	0 35 0 6 2 6 0 0 6 0 0 6 0	(0,+,++) Na Na Na Na 0 0 0 0 0 0 Na Na 0 0 0 0 0
Creamy sweet potato, organic Creamy tomato basil, organic Progresso—50% less sodium Chicken gumbo Chicken noodle Garden vegetable Progresso—Rich & Hearty Beef barley vegetable Chicken corn chowder Chicken bot pie style New England clam chowder Steak & homestyle noodles Steak & sautéed mushrooms Progresso—Traditional Beef & baked potato Beef & mushroom Chicken cheese enchilada, Carb Monitor Chicken noodle, 99% fat free	1c 1	120 110 90 110 90 100 130 210 110 170 190 120 110 100 100	(g) 3 1.5 1.5 1.5 1.5 0 1 9 2 6 9 3 2 2.5 1 12 2	Na Na Na 0.5 0 0 2 0.5 Na Na Na Na O.5 0	0.6 0 0 0 0.5 0 0 0.5 2.5 0.5 1.5 2 1 0.5	3 1 2 2 1 3 3 2 1 2 2 1 1 1	9 2 7 2 2 4 4 5 1 3 2 3 3 3	Na N	(%DV)  2 2 4 2 2 4 2 2 2 0 0 2 2 6 2	0 35 0 6 2 6 0 8 0 0 6 0 0	(0,+,++) Na Na Na Na 0 0 0 0 0 0 Na Na Na 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Split pea w/ham	1 c	150	1	0	0.5	4	4	Na	2	0	Na
Turkey noodle	1 c	80	1.5	0	0	1	1	Na	0	0	Na
Tuscan meatball, Carb Monitor	1 c	100	5	Na	2.5	1	2	Na	6	0	0
Progresso-Vegetable Classics											
Creamy mushroom	1 c	130	10	Na	3	1	2	Na	0	0	0
French onion	1 c	50	1.5	Na	0.5	<1	3	Na	0	2	Na
Garden vegetable	1 c	90	0	0	0	3	3	Na	0	0	Na
Lentil	1 c	150	2	Na	0.5	5	1	Na	4	0	Na
Minestrone	1 c	110	2	1	0.5	1	0	0	3	1	Na
Tomato basil	1 c	160	3	0.5	0.5	1	16	Na	2	10	Na
Vegetable	1 c	80	0.5	0	0	2	3	Na	2	0	Na
Vegetable Italiano	1 c	100	2	0	0.5	3	7	Na	2	0	Na
Vegetarian vegetable w/barley Westbrae Natural	1 c	100	0.5	0	0	4	4	Na	2	0	Na
Alabama black bean gumbo	1 c	140	0	0	0	6	6	Na	6	2	Na
Hearty Milano minestrone	1 c	120	0	0	0	6	4	Na	8	4	Na
Mediterranean lentil	1 c	140	0	0	0	10	5	Na	4	2	Na
Old world split pea	1 c	150	0	0	0	6	5	Na	2	2	Na
Santa Fe vegetable	1 c	160	0	0	0	8	5	Na	6	10	Na
Tuscany tomato	∛4 C	70	0	0	0	0	12	Na	2	25	Na
SOUR CREAM											
Breakstone											
Fat-free	2 tbs	30	0	0	0	0	2	0	4	0	0
											0
Reduced fat	2 tbs	40	3	0	2	0	2	0	4	0	U
Food	2 tbs  Portion Size	40 Calories	3 Total Fat (g)	Good Fats (g)	2 Bad Fats (g)	0 Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Food Daisy	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Food  Daisy Light	Portion Size	Calories 40	Total Fat (g) 2.5	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Daisy Light No fat	Portion Size 2 tbs 2 tbs	Calories 40 20	Total Fat (g) 2.5 0	Good Fats (g) 0 0	Bad Fats (g) 2 0	Fiber (g) 0 0	Sugars (mg)	Beta- carotene (mcg) 0 0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++ 0 0
Daisy Light No fat Regular	Portion Size	Calories 40	Total Fat (g) 2.5	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen	Portion Size 2 tbs 2 tbs 2 tbs	40 20 60	Total Fat (g) 2.5 0 5	Good Fats (g) 0 0 Na	Bad Fats (g) 2 0 3.5	Fiber (g) 0 0 0	Sugars (mg) 2 1	Beta- carotene (mcg) 0 0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++ 0 0 0
Daisy Light No fat Regular Knudsen Fat free	Portion Size  2 tbs 2 tbs 2 tbs 2 tbs	40 20 60	2.5 0 5	Good Fats (g) 0 0 Na	Bad Fats (g) 2 0 3.5	Fiber (g)  0 0 0 0	Sugars (mg)	Beta- carotene (mcg)  0  0  0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++ 0 0 0
Daisy Light No fat Regular Knudsen Fat free Hampshire	Portion Size  2 tbs	40 20 60 30 60	2.5 0 5	Good Fats (g) 0 0 Na 0 Na	Bad Fats (g) 2 0 3.5 0 3.5	0 0 0 0	Sugars (mg)  2 1 1	Beta- carotene (mcg)  0  0  0  0	Calcium (%DV)  4 4 2 6 2	Vit. C (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light	Portion Size  2 tbs 2 tbs 2 tbs 2 tbs	40 20 60	2.5 0 5	Good Fats (g) 0 0 Na	Bad Fats (g) 2 0 3.5	Fiber (g)  0 0 0 0	Sugars (mg)	Beta- carotene (mcg)  0  0  0	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++ 0 0 0
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy	Portion Size  2 tbs	40 20 60 30 60 30	2.5 0 5 0 6 2	Good Fats (g) 0 0 Na 0 Na Na Na	Bad Fats (g) 2 0 3.5 0 3.5	Fiber (g)  0 0 0 0 0 0	Sugars (mg)  2 1 1 2 1 2	Beta- carotene (mcg)  0  0  0  0  0	Calcium (%DV)  4 4 2 6 2 4	Vit. C (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic	Portion Size  2 tbs 3 tbs 2 tbs	40 20 60 30 60 30	2.5 0 5 0 6 2	Good Fats (g) 0 0 Na 0 Na Na Na	Bad Fats (g) 2 0 3.5 0 3.5 1	Fiber (g)  0 0 0 0 0 0	Sugars (mg)  2 1 1 2 1 2 1 4	Beta- carotene (mcg)  0 0 0 0 0 0 Na	Calcium (%DV)  4 4 2 6 2 4	Vit. C (%DV)  0 0 0 0 0 0 0	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic	Portion Size  2 tbs 8 oz 8 oz	40 20 60 30 60 30 170 180	2.5 0 5 0 6 2	Good Fats (g)  0 0 Na 0 Na Na 2.5 2.5	Bad Fats (g) 2 0 3.5 0 3.5 1	Fiber (g)  0 0 0 0 0 0 0 0 0 0 1 <1 <1	Sugars (mg)  2 1 1 2 1 2 1 2 1 5	Beta-carotene (mcg)  0 0 0 0 0 Na 900*	Calcium (%DV)  4 4 2 6 2 4 8 10	Vit. C (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original	Portion Size  2 tbs 8 oz 8 oz 8 oz 8 oz	40 20 60 30 60 30 170 180 140	2.5 0 5 0 6 2	Good Fats (g)  0 0 Na 0 Na Na 2.5 2.5 2	Bad Fats (g) 2 0 3.5 0 3.5 1	Fiber (g)  0 0 0 0 0 0 0 0 0 <1 <1 <1 <1 <1	Sugars (mg)  2 1 1 2 1 2 1 5 7	Beta-carotene (mcg)  0 0 0 0 0 Na 900* 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10	Vit. C (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original	Portion Size  2 tbs	40 20 60 30 60 30 170 180 140 130	2.5 0 5 0 6 2	0 0 Na Na Na 2.5 2.5 2 2.5	Bad Fats (g)  2 0 3.5 0 3.5 1 0.5 1 0.5 0.5	Fiber (g)  0 0 0 0 0 0 0 <1 <1 <1 <1 <1 <1	Sugars (mg)  2 1 1 2 1 2 1 5 7 7	Beta- carotene (mcg)  0 0 0 0 0 0 Na 900* 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20	0 0 0 0 0 0 0 0	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original	Portion Size  2 tbs	40 20 60 30 60 30 170 180 140 130 100	2.5 0 5 0 6 2	Good Fats (g)  0 0 Na 0 Na Na 2.5 2.5 2 2.5 1	Bad Fats (g) 2 0 3.5 0 3.5 1 0.5 1 0.5 0.5 0.5	Fiber (g)  0 0 0 0 0 0 0 <1 <1 <1 <1 <1 0	Sugars (mg)  2 1 1 2 1 2 1 7 10	Beta- carotene (mcg)  0 0 0 0 0 0 0 Na 900* 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10	Vit. c (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla	Portion Size  2 tbs	40 20 60 30 60 30 170 180 140 130 100 150	2.5 0 5 0 6 2 4 4 4 5 4 2 3	Good Fats (g)  0 0 Na 0 Na Na 2.5 2.5 2 2.5 1 1.5	Bad Fats (g) 2 0 3.5 0 3.5 1 0.5 1 0.5 0.5 0.5	Fiber (g)  0 0 0 0 0 0 0 <1 <1 <1 0 <1 <1 <1 0 <1	Sugars (mg)  2 1 1 2 1 2 1 7 7 10 16	Beta- carotene (mcg)  0 0 0 0 0 0 0 0 Na 900* 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8	Vit. c (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla Vanilla, extra	Portion Size  2 tbs	40 20 60 30 60 30 170 180 140 130 100 150	2.5 0 5 0 6 2 4 4 4 5 4 2 3 3	Good Fats (g)  0 0 Na 0 Na Na 2.5 2.5 1 1.5 2	Bad Fats (g)  2 0 3.5 0 3.5 1 0.5 1 0.5 0.5 0.5 0	Fiber (g)  0 0 0 0 0 0 0 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1 <1	Sugars (mg)  2 1 1 2 1 2 1 7 7 10 16 15	Beta- carotene (mcg)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8 20	Vit. c (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla, extra Vanilla, light Pacific	2 tbs	40 20 60 30 60 30 170 180 140 130 100 150 150	2.5 0 5 0 6 2 4 4 5 4 2 3 3	Good Fats (g)  0 0 Na 0 Na Na 2.5 2.5 1 1.5 2 0.5	Bad Fats (g) 2 0 3.5 0 3.5 1 0.5 0.5 0.5 0 0.5 0	Fiber (g)  0 0 0 0 0 0 0 <1 <1 <1 <1 <1 0 <1 0 0 0 0	Sugars (mg)  2 1 1 2 1 2 1 5 7 7 10 16 15 12	Beta- carotene (mcg)  0 0 0 0 0 0 Na 900* 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8 20 10	Vit. c (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla, extra Vanilla, light Pacific Plain, low fat, organic	Portion Size  2 tbs 2 tb	40 20 60 30 60 30 170 180 140 130 100 150 150 110	2.5 0 5 0 6 2 4 4 5 4 2 3 3 1	Good Fats (g)  0 0 Na Na Na 2.5 2.5 2 2.5 1 1.5 2 0.5 Na	Bad Fats (g)  2 0 3.5 0 3.5 1 0.5 1 0.5 0 0.5 0 0.5 0 0 0	Fiber (g)  0 0 0 0 0 0 <1 <1 <1 <1 <1 <1 0 <1 <1 <1 1 0 <1 1	Sugars (mg)  2 1 1 2 1 2 1 5 7 7 10 16 15 12 6	Beta- carotene (mcg)  0 0 0 0 0 0 Na 900* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8 20 10 2	Vit. c (%DV)	B vit. (0,+,++ 0 0 0 0 0 0 ++ + + 0 +
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla, extra Vanilla, light Pacific Plain, low fat, organic Ultra plain, organic	2 tbs	40 20 60 30 60 30 170 180 140 130 100 150 150 110 70 120	2.5 0 5 0 6 2 4 4 5 4 2 3 3	0 0 Na Na Na 2.5 2 2.5 1 1.5 2 0.5 Na Na Na	Bad Fats (g)  2 0 3.5 0 3.5 1 0.5 1 0.5 0 0.5 0 0.5 0 0 0.5	Fiber (g)  0 0 0 0 0 0 <1 <1 <1 <1 <1 0 <1 <1 1 1	Sugars (mg)  2 1 1 2 1 2 1 4 15 7 7 10 16 15 12 6 8	Beta- carotene (mcg)  0 0 0 0 0 0 Na 900* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8 20 10 2 50	Vit. c (%DV)	B vit. (0,+,++
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla, extra Vanilla, light Pacific Plain, low fat, organic Ultra plain, organic Ultra vanilla, organic Ultra vanilla, organic	Portion Size  2 tbs 2 tb	40 20 60 30 60 30 170 180 140 130 100 150 150 110	2.5 0 5 0 6 2 4 4 4 5 4 2 3 3 1	Good Fats (g)  0 0 Na Na Na 2.5 2.5 2 2.5 1 1.5 2 0.5 Na	Bad Fats (g)  2 0 3.5 0 3.5 1 0.5 1 0.5 0 0.5 0 0 0.5 0 0 0.5 0.5 0.5	Fiber (g)  0 0 0 0 0 0 <1 <1 <1 <1 <1 <1 0 <1 <1 <1 1 0 <1 1	Sugars (mg)  2 1 1 2 1 2 1 5 7 7 10 16 15 12 6	Beta- carotene (mcg)  0 0 0 0 0 0 0 Na 900* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8 20 10 2	Vit. c (%DV)	B vit. (0,+,++ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Daisy Light No fat Regular Knudsen Fat free Hampshire Light SOY BEVERAGES Edensoy Carob, organic Chocolate, organic Original Extra original Light original Vanilla, extra Vanilla, light Pacific Plain, low fat, organic Ultra plain, organic	Portion Size  2 tbs 2 tb	40 20 60 30 60 30 170 180 140 130 100 150 150 110 70 120	2.5 0 5 0 6 2 4 4 5 4 2 3 3 1	0 0 Na Na Na 2.5 2 2.5 1 1.5 2 0.5 Na Na Na	Bad Fats (g)  2 0 3.5 0 3.5 1 0.5 1 0.5 0 0.5 0 0.5 0 0 0.5	Fiber (g)  0 0 0 0 0 0 <1 <1 <1 <1 <1 0 <1 <1 1 1	Sugars (mg)  2 1 1 2 1 2 1 4 15 7 7 10 16 15 12 6 8	Beta- carotene (mcg)  0 0 0 0 0 0 Na 900* 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Calcium (%DV)  4 4 2 6 2 4 8 10 10 20 10 8 20 10 2 50	Vit. c (%DV)	8 vit. (0,+,++

e	130 140 120 110 100 230 220 80 130 120 298 150 42 41 7 30 100 25 70	3.35 3.5 1.5 5 4 4 4 2 4 5 15 6 0 0 0 7 0 2.5	Na 1 0 1 1 1 0.5 1 Na Na 0 0 0 0 Na 0 Na	0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0 2 2 1 1 3 3 1 1 1 3 10 4 2 4 1 1	14 19 19 6 6 35 32 7 16 2 5 1 4 1 0 0 0	Na 900* 900* Na 0 0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	30 30 30 35 30 35 35 35 30 35 10 17 6 3	0 0 0 35 0 25 25 0 35 20 4 0 9 29 14 2 2 2	+ + + + + + + + + + + 0 0 0 0
iz i	140 120 110 100 230 220 80 130 120 298 150 42 41 7 30 100 25 70	3.5 1.5 5 4 4 4 2 4 5 15 6 0 0 0 7 0 2.5	1 0 1 1 1 0.5 1 Na Na O 0 0 0 Na O Na	0.5 0 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0 0.5 0 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 1 1 3 3 1 1 3 10 4 2 4 1 1	19 19 6 6 35 32 7 16 2 5 1 4	900* 900* Na 0 0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	30 30 35 30 35 35 30 35 10 17 6 3 24 2 8 10 6	0 0 35 0 25 25 0 35 20 4 0 9 29 14 2 2	+ + + + + + + + + + 0 0 0 0
oz oz ont ont ont oz oz oc oc oc oc oc oc oc	120 110 100 230 220 80 130 120 298 150 42 41 7 30 100 25 70	1.5 5 4 4 4 2 4 5 15 6 0 0 0 7 0 2.5	0 1 1 1 0.5 1 Na Na O O O O Na O Na	0 0.5 0.5 0.5 0.5 0.5 0 0.5 2 1.5 0 0 0 0 1.5	2 1 1 3 3 10 4 2 4 1 1	19 6 6 35 32 7 16 2 5 1 4 1 0 0 0	900* Na 0 0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	30 35 30 35 35 30 35 10 17 6 3 24 2 8 10 6	0 35 0 25 25 25 0 35 20 4 0 9 29 14 2 2 2	+ ++ ++ ++ + + + + 0 0 0 0
oz ont ont ont oz oc c c c c c c	110 100 230 220 80 130 120 298 150 42 41 7 30 100 25 70	5 4 4 4 4 2 4 5 15 6 0 0 0 7 0 2.5	1 1 1 0.5 1 Na Na O O O O Na O Na	0.5 0.5 0.5 0.5 0.5 0.5 2 1.5 0 0 0 0 1.5	1 1 3 3 1 1 1 3 10 4 2 4 1 1 1	6 6 35 32 7 16 2 5 1 4 1 0 0	Na 0 0 0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	35 30 35 35 30 35 10 17 6 3 24 2 8 10 6	35 0 25 25 25 0 35 20 4 0 9 29 14 2 2 2	++ ++ ++ + + + + 0 0 0 0
ont ont ont oz oz c c c c c c c c	100 230 220 80 130 120 298 150 42 41 7 30 100 25 70	4 4 4 2 4 5 15 6 0 0 0 7 0 2.5	1 1 0.5 1 Na Na Na O O O O Na O Na	0.5 0.5 0.5 0.5 0.5 2 1.5 0 0 0 0 1.5	1 3 3 1 1 1 3 10 4 2 4 1 1 1	6 35 32 7 16 2 5 1 4 1 0 0 0	0 0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	30 35 35 30 35 10 17 6 3 24 2 8 10 6	0 25 25 0 35 20 4 0 9 29 14 2 2	+ ++ ++ + + + + 0 0 0 0
ont ont oz oz oz c c c c c c c	230 220 80 130 120 298 150 42 41 7 30 100 25 70	4 4 2 4 5 15 6 0 0 0 7 0 2.5	1 0.5 1 Na Na Na O O O O Na O Na	0.5 0.5 0 0.5 0.5 2 1.5 0 0 0 0 1.5	3 3 1 1 3 10 4 2 4 1 1 1	35 32 7 16 2 5 1 4 1 0 0 0	0 0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	35 35 30 35 10 17 6 3 24 2 8 10 6	25 25 0 35 20 4 0 9 29 14 2 2 2	++ ++ + + + + 0 0 0 0
ont  z  z  c  c  c  c  c  c  c  c  c  c  c	220 80 130 120 298 150 42 41 7 30 100 25 70	4 2 4 5 15 6 0 0 0 0 7 0 2.5 Total Fat	Na N	0.5 0 0.5 0.5 2 1.5 0 0 0 0 3 0 1.5	3 1 1 3 10 4 2 4 1 1 1	32 7 16 2 5 1 4 1 0 0 0	0 0 Na Na 9 Na 91 11318 1688 7000* Na 6800*	35 30 35 10 17 6 3 24 2 8 10 6	25 0 35 20 4 0 9 29 14 2 2 2	++ + + + + + 0 0 0 0 0
ZZ ZZ CC C	80 130 120 298 150 42 41 7 30 100 25 70	2 4 5 15 6 0 0 0 7 0 2.5	0.5 1 Na Na Na 0 0 0 0 Na 0 Na	0 0.5 0.5 2 1.5 0 0 0 0 0 3 0 1.5	1 1 3 10 4 2 4 1 1 1	7 16 2 5 1 4 1 0 0 0	0 Na 9 Na 91 11318 1688 7000* Na 6800*	30 35 10 17 6 3 24 2 8 10 6	0 35 20 4 0 9 29 14 2 2	+ + + + + 0 0 0 0 0
Z C C C C C C C C C C C C C C C C C C C	130 120 298 150 42 41 7 30 100 25 70	4 5 15 6 0 0 7 0 2.5	Na Na Na O O O Na O Na O Na O O O O O O	0.5 2 1.5 0 0 0 0 0 0 1.5	1 3 10 4 2 4 1 1 1	16 2 5 1 4 1 0 0 0	Na 9 Na 91 11318 1688 7000* Na 6800*	35 10 17 6 3 24 2 8 10 6	35 20 4 0 9 29 14 2 2	+ + + + 0 0 0 0 0
C C C C C C C C C	120 298 150 42 41 7 30 100 25 70	5 15 6 0 0 0 0 7 0 2.5	Na Na Na O O O O Na O Na	0.5 2 1.5 0 0 0 0 0 0 3 0 1.5	3 10 4 2 4 1 1 1 1	2 5 1 4 1 0 0 0	Na 9 Na 91 11318 1688 7000* Na 6800*	10 17 6 3 24 2 8 10 6	20 4 0 9 29 14 2 2	+ + + 0 0 0 0 0
CCCCCCCC	298 150 42 41 7 30 100 25 70	15 6 0 0 0 0 7 0 2.5	Na Na O O O O Na O Na	2 1.5 0 0 0 0 0 3 0 1.5	10 4 2 4 1 1 1 1	5 1 4 1 0 0 0	9 Na 91 11318 1688 7000* Na 6800*	17 6 3 24 2 8 10 6	4 0 9 29 14 2 2	+ + 0 + 0 0 0
C C C C C C C C C C	298 150 42 41 7 30 100 25 70	15 6 0 0 0 0 7 0 2.5	Na Na O O O O Na O Na	2 1.5 0 0 0 0 0 3 0 1.5	10 4 2 4 1 1 1 1	5 1 4 1 0 0 0	9 Na 91 11318 1688 7000* Na 6800*	17 6 3 24 2 8 10 6	4 0 9 29 14 2 2	+ + 0 + 0 0 0
C C C C C C C C C C C C C	150 42 41 7 30 100 25 70	6 0 0 0 0 7 0 2.5	Na  0  0  0  0  Na  0  Na  0  Na  Cood	0 0 0 0 0 3 0 1.5	4 1 1 1 1 1 1	1 4 1 0 0 0	Na 91 11318 1688 7000* Na 6800*	6 3 24 2 8 10 6	9 29 14 2 2	+ 0 + 0 0 0
C C C C C C C	41 7 30 100 25 70	0 0 0 7 0 2.5	0 0 0 0 Na 0 Na	0 0 0 0 3 0 1.5	2 4 1 1 1 1 1 1	4 1 0 0 0	91 11318 1688 7000* Na 6800*	3 24 2 8 10 6	9 29 14 2 2	0 + 0 0 0
c c c c c	41 7 30 100 25 70	0 0 0 7 0 2.5	0 0 0 Na 0 Na	0 0 0 3 0 1.5	4 1 1 1 1	1 0 0 0	11318 1688 7000* Na 6800*	24 2 8 10 6	29 14 2 2	+ 0 0 0
c c c c c	41 7 30 100 25 70	0 0 0 7 0 2.5	0 0 0 Na 0 Na	0 0 0 3 0 1.5	4 1 1 1 1	1 0 0 0	11318 1688 7000* Na 6800*	24 2 8 10 6	29 14 2 2	+ 0 0 0
c c c c	7 30 100 25 70	0 0 7 0 2.5	0 0 Na 0 Na	0 0 3 0 1.5	1 1 1 1 1	0 0 0	1688 7000* Na 6800*	2 8 10 6	14 2 2 2	0 0 0
c c c c	7 30 100 25 70	0 0 7 0 2.5	0 0 Na 0 Na	0 0 3 0 1.5	1 1 1 1 1	0 0 0	1688 7000* Na 6800*	2 8 10 6	14 2 2 2	0 0 0
C C C C	30 100 25 70	0 7 0 2.5	0 Na 0 Na	0 3 0 1.5	1 1 1	0 0 1	7000* Na 6800*	8 10 6	2 2 2	0
C C C	100 25 70	7 0 2.5	Na 0 Na Good	3 0 1.5	1 1	0	Na 6800*	10 6	2	0
C C ion C	25 70	0 2.5 Total Fat	0 Na Good	0 1.5	1	1	6800*	6	2	0
ion C	70	2.5	Na Good	1.5	1			-	2	
ion C	70	Total Fat	Good		·	4	Na	10		
e	Calories			Rad						
e	Calories			Rad						
		101	Fats (g)	Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
c	30	1	0	0	2	1	6800*	8	8	0
c	30	0	0	0	2	0	5881*	10	25	0
c	49	0	0	0	3	8	11	2	162	0
c	45	0	0	0	3	7	40	2	102	0
c	170	2	Na	0	2	2	0	4	0	0
c	140	1	Na	0			0	4	0	0
c	160	4	Na	1			0	2	0	0
c	170	7	Na	1	1	2	0	2	0	0
c	140	1	0	0	3	3	Na	6	0	0
				-		-				
ox	110	1	0	0	1	3	0	0	0	0
ox	110	1	0	0	1	3	0	0	0	0
ox	100	1.5	Na	0	3	2	0	0	0	0
OX	120	3	Na	0	1	3	0	0	0	Ö
ox	110	2.5	Na	0	1	3	0	0	0	0
ox	110		0	0	1	3	0	0	0	0
			-	-	-	-	-	-	-	-
	11	0	0	0	0	3	0	0	0	0
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4 2 4 b b b b b	4 C 2 C 2 C 4 C box box box box box	box 110 box 110 box 120 box 120 box 110 box 110 box 110 box 110 box 110 box 110	4 c 140 1 2 c 160 4 2 c 170 7 4 c 140 1 box 110 1 box 110 1 box 100 1.5 box 120 3 box 110 2.5 box 110 1	4 c 140 1 Na 2 c 160 4 Na 2 c 170 7 Na 4 c 140 1 0  box 110 1 0  box 110 1 0  box 100 1.5 Na box 120 3 Na box 110 2.5 Na box 110 1 0  tsp 11 0 0	4 c 140 1 Na 0 2 c 160 4 Na 1 2 c 170 7 Na 1 4 c 140 1 0 0  box 110 1 0 0  box 110 1 0 0  box 100 1.5 Na 0  box 120 3 Na 0  box 110 2.5 Na 0  box 110 1 0 0	4 c     140     1     Na     0     2       2 c     160     4     Na     1     2       2 c     170     7     Na     1     1       4 c     140     1     0     0     3       box     110     1     0     0     1       box     110     1     0     0     1       box     100     1.5     Na     0     3       box     120     3     Na     0     1       box     110     2.5     Na     0     1       box     110     1     0     0     1	4 c     140     1     Na     0     2     2       2 c     160     4     Na     1     2     2       2 c     170     7     Na     1     1     2       4 c     140     1     0     0     3     3       box     110     1     0     0     1     3       box     110     1     0     0     1     3       box     100     1.5     Na     0     3     2       box     120     3     Na     0     1     3       box     110     2.5     Na     0     1     3       box     110     1     0     0     1     3	4 c     140     1     Na     0     2     2     0       2 c     160     4     Na     1     2     2     0       2 c     170     7     Na     1     1     2     0       4 c     140     1     0     0     3     3     Na       box     110     1     0     0     1     3     0       box     110     1     0     0     1     3     0       box     100     1.5     Na     0     3     2     0       box     120     3     Na     0     1     3     0       box     110     2.5     Na     0     1     3     0       box     110     1     0     0     1     3     0       tsp     11     0     0     0     0     3     0	4 C         140         1         Na         0         2         2         0         4           2 C         160         4         Na         1         2         2         0         2           2 C         170         7         Na         1         1         2         0         2           4 C         140         1         0         0         3         3         Na         6           box         110         1         0         0         1         3         0         0           box         110         1         0         0         1         3         0         0           box         100         1.5         Na         0         3         2         0         0           box         120         3         Na         0         1         3         0         0           box         110         2.5         Na         0         1         3         0         0           box         110         1         0         0         1         3         0         0           box         110         1         0	4 c       140       1       Na       0       2       2       0       4       0         2 c       160       4       Na       1       2       2       0       2       0         2 c       170       7       Na       1       1       2       0       2       0         4 c       140       1       0       0       3       3       Na       6       0         box       110       1       0       0       1       3       0       0       0       0         box       110       1       0       0       1       3       0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit.
SUNFLOWER SEEDS, dried	1 oz	161	14	2.5	1.5	3	1	1	1	0	+
Planters, dry roasted	1 oz	180	15	2.5	1.5	2	0	1	0	2	+
SWEET POTATOES											
Baked in skin w/salt, medium	1	103	0	0	0	3	8	11500	3	32	0
Green Giant candied, frozen	¥4 C	240	7	Na	2.5	3	20	Na	2	20	Na
Green Giant, sweet potato casserole,											
frozen	1 c	200	10	Na	3	3	17	Na	2	25	Na
SWORDFISH, cooked, dry heat	3 oz	132	4	Na	1	0	0	0	0	1	+
TACO SHELLS, Old El Paso	3 shells	150	7	Na	4	1	0	0	2	0	0
TANGERINE, raw	1 c	103	1	0	0	4	21	302	7	86	0
Minute Maid orange tangerine juice,											
frozen	1 c	110	0	0	0	0	24	0	35	160	0
POM juice	1 c	140	0	0	0	0	27	0	2	0	0
TEA											
Celestial Seasonings											
All herbal, dessert, holiday, black teas	1 bag	0	0	0	0	0	0	0	0	0	0
Cinnamon spice teahouse chai	3 tbs	110	0	0	0	0	23	Na	15	0	0
Sweet coconut thai chai	3 tbs	110	0	0	0	0	22	Na	10	0	0
Vanilla ginger chai	3 tbs	110	0	0	0	0	23	Na	15	0	0
Lipton											
Chailatta, original	3 tbs	120	2	Na	0	0	19	Na	8	0	0
Chailatta, vanilla	3 tbs	120	2	Na	0	0	19	Na	8	0	0
Hot tea, black or green	1 bag	0	0	0	0	0	0	0	0	0	0
Food	Portion Size	Calories	Total Fat	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit.
Iced green tea w/citrus	8 oz	80	0	0	0	0	21	0	0	0	0
Iced tea mix, sweetened, lemon	11/3 tbs	70	0	ő	ő	ő	18	Na	ő	ŏ	ő
Iced tea mix, sweetened, raspberry	1½ tbs	80	0	o	0	ō	19	Na	ō	10	ō
Original iced tea, bottles	8 o z	70	o	o	0	ō	18	0	ő	0	ō
TEMPEH	002	70			•	•			•		
Lightlife, organic flax	4 oz	220	9	Na	1.5	20	0	Na	0	0	Na
Lightlife, organic garden veggie	4 oz	200	10	Na	1.5	14	ő	Na	o	ő	Na
Lightlife, organic, three grain	4 oz	230	9	Na	1.5	8	ő	Na	ő	ő	Na
Lightlife organic, wild rice	4 oz	230	7	Na	1	12	0	Na	0	ō	Na
TOFU	102	200	•			•••	•	110	•		1442
Fresh lotuinc											
Fresh Tofu Inc. Raked stuffed	1 nc	160	4.5	Na	0.5	6	0	Na	0	2	Na
Baked stuffed	1 pc	160 90	4.5 6	Na Na	0.5	6	0	Na Na	0	2	Na Na
Baked stuffed Organic baked	1 pc 2 oz	160 90	4.5 6	Na Na	0.5 6	6	0	Na Na	0 4	2	Na Na
Baked stuffed Organic baked <i>Mori-Nu</i>	2 oz	90	6	Na	6	0	0	Na	4	2	Na
Baked stuffed Organic baked <i>Mori-Nu</i> Chinese spice seasoned	2 oz 3 oz	90 50	6	Na Na			0	Na 0	4		Na 0
Baked stuffed Organic baked Mori-Nu Chinese spice seasoned Japanese miso seasoned	2 oz	90	6	Na Na Na	6	0	0	Na	4 4	0	Na
Baked stuffed Organic baked Mori-Nu Chinese spice seasoned Japanese miso seasoned Silken, extra firm	2 oz 3 oz 3 oz 3 oz 3 oz	90 50 60 48	2 2.5 1.5	Na Na	6 0 0	0 0	0 1 2 1	Na 0 0 0	4 4 2	0 0 0	Na 0 0 0
Baked stuffed Organic baked Mori-Nu Chinese spice seasoned Japanese miso seasoned Silken, extra firm Silken, lite extra firm	3 oz 3 oz 3 oz 3 oz 3 oz 3 oz	90 50 60 48 35	2 2.5 1.5 0.5	Na Na Na Na	6 0 0 0	0 0 0	0 1 2 1 0	Na 0 0 0 0	4 4 4 2 3	0 0 0 0	Na 0 0 0
Baked stuffed Organic baked Mori-Nu Chinese spice seasoned Japanese miso seasoned Silken, extra firm Silken, soft	2 oz 3 oz 3 oz 3 oz 3 oz	90 50 60 48	2 2.5 1.5	Na Na Na Na	6 0 0	0 0 0 0 0	0 1 2 1	Na 0 0 0	4 4 2	0 0 0	Na 0 0 0
Baked stuffed Organic baked Mori-Nu Chinese spice seasoned Japanese miso seasoned Silken, extra firm Silken, lite extra firm Silken, soft Nasoya	3 oz 3 oz 3 oz 3 oz 3 oz 3 oz 3 oz	90 50 60 48 35 45	2 2.5 1.5 0.5 2.5	Na Na Na Na O 0.5	6 0 0 0 0	0 0 0 0 0	0 1 2 1 0	Na 0 0 0 0 0	4 4 2 3 2	0 0 0 0 0	Na 0 0 0 0
Baked stuffed Organic baked Mori-Nu Chinese spice seasoned Japanese miso seasoned Silken, extra firm Silken, soft	3 oz 3 oz 3 oz 3 oz 3 oz 3 oz	90 50 60 48 35	2 2.5 1.5 0.5	Na Na Na Na	6 0 0 0	0 0 0 0 0	0 1 2 1 0	Na 0 0 0 0	4 4 4 2 3	0 0 0 0	Na 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Lite firm	V₄ pkg	40	1.5	0	0	<1	0	0	15	0	0
Silken	√s pkg	45	2	0.5	0	0	0	0	6	0	0
Soft	√s pkg	60	3	0.5	1	<1	0	0	10	0	0
TOMATOES											
Fresh, red, cooked	1 c	43	0	0	0	2	6	703	2	91	0
Fresh, red cherry	1 c	31	0	0	0	2	0	0	0	64	0
Fresh, red, medium	1	26	0	0	0	1	0	0	0	53	0
Fresh, red plum	1	13	0	0	0	1	0	0	0	26	0
Fresh, yellow, chopped	1 c	21	0	0	0	1	0	0	1	20	0
Canned											
Del Monte, diced w/garlic & onion	1/2 C	40	0.5	0	0	<1	6	Na	2	15	0
Del Monte, diced pasta style	1/2 C	45	0	0	0	2	8	Na	2	15	0
Del Monte, stewed, Mexican	1/2 C	35	0	0	0	2	7	130*	2	15	0
Del Monte, wedges	1/2 C	35	0	0	0	2	7	130*	2	15	0
Eden Organic, crushed w/basil	V4 C	20	0	0	0	1	2	Na	2	15	0
Eden Organic, diced w/green chilis	1/2 C	30	0	0	0	2	3	Na	2	15	0
Eden Organic, whole roma	1/2 C	30	0	0	0	1	2	Na	0	35	0
Muir Glen, diced w/Italian herbs	1/2 C	30	0	0	0	1	3	Na	2	35	0
Muir Glen, whole, fire roasted	1/2 C	25	0	0	0	1	3	Na	2	25	0
Muir Glen, whole, peeled plum	1/2 C	25	0	0	0	1	3	Na	2	30	0
Progresso, crushed	V4 C	20	0	0	0	0	2	Na	2	10	0
Progresso, diced w/Italian herbs	1/2 C	40	0	0	0	1	6	Na	4	30	0
Progresso, whole peeled w/basil	1/2 C	20	0	0	0	1	3	Na	2	15	0
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Cakium (%DV)	Vit. C (%DV)	B vit. (0,+,++
TOMATO JUICE											
Campbell's Healthy Request	8 oz	50	0	0	0	2	9	650*	2	120	+
Campbell's, original	8 o z	50	0	0	0	2	7	650*	2	120	+
TOMATO PASTE/PUREE											
Hunt's, paste	2 tbs	25	0	0		-	4				0
Hunt's, paste, w/basil, garlic, oregano	2 tbs				0	2	-	280*	0	10	_
** **		25	0	o	0	2	4	280* 280*	0	8	ō
Hunt's, puree	4 oz	30	0	_					-		
Muir Glen, paste	4 oz 2 tbs		_	0	0	2	4	280*	0	8	0
		30	0	0	0	2	4	280* 350*	0	8 30	0
Muir Glen, paste	2 tbs	30 30	0	0	0 0 0	2 2 1	4 4 3	280* 350* 280*	0 6 0	8 30 10	0
Muir Glen, paste Muir Glen, puree	2 tbs ⅓4 c	30 30 25	0 0	0 0 0	0 0 0	2 2 1	4 4 3 4	280* 350* 280* 350*	0 6 0	8 30 10	0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree	2 tbs ⅓4 c	30 30 25	0 0	0 0 0	0 0 0	2 2 1	4 4 3 4	280* 350* 280* 350*	0 6 0	8 30 10	0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT	2 tbs ¾4 c ¾4 c	30 30 25 25	0 0 0	0 0 0 0	0 0 0 0	2 2 1 1	4 4 3 4 3	280* 350* 280* 350* 350*	0 6 0 0	8 30 10 10	0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite	2 tbs 1/4 c 1/4 c 2 tbs	30 30 25 25 25	0 0 0 0	0 0 0 0 0 0	0 0 0 0 0	2 2 1 1 1	4 4 3 4 3	280* 350* 280* 350* 350*	0 6 0 0 0 0	8 30 10 10 10	0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular	2 tbs ¼ c ¼ c 2 tbs 2 tbs	30 30 25 25 25 25	0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0	2 2 1 1 1 0	4 4 3 4 3	280* 350* 280* 350* 350* 0 0	0 6 0 0 0 0 0 0	8 30 10 10 10 0	0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free	2 tbs ¼ c ¼ c 2 tbs 2 tbs 2 tbs	30 30 25 25 25 25 20 25	0 0 0 0 1.5 1 1.5	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 1.5 1	2 2 1 1 1 0 0	4 4 3 4 3	280* 350* 280* 350* 350* 0 0	0 6 0 0 0 0 0 0 0 0	8 30 10 10 10 0 0	0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular	2 tbs ¼ c ¼ c 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	30 30 25 25 25 20 25 20	0 0 0 0 1.5 1 1.5	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 1.5 1 1.5	2 2 1 1 1 0 0 2	4 4 3 4 3 1 1 1 0	280* 350* 280* 350* 350* 0 0	0 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 30 10 10 10 0 0 0	0 0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free Smuckers, butterscotch caramel Smuckers, Dove dark chocolate	2 tbs ½ c ½ c 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	30 30 25 25 25 20 25 20 140	0 0 0 0 1.5 1 1.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 1.5 1 1.5 1 0.5	2 2 1 1 1 0 0 2 0	4 4 3 4 3 1 1 1 0 19	280* 350* 280* 350* 350* 0 0 0	0 6 0 0 0	8 30 10 10 10 0 0 0	0 0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free Smuckers, butterscotch caramel Smuckers, Dove dark chocolate Smuckers, special recipe hot fudge	2 tbs ¼ c ¼ c 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs 2 tbs	30 30 25 25 25 20 25 20 140 130	0 0 0 0 1.5 1 1.5 1 4.5	0 0 0 0 0 0 0	0 0 0 0 0 1.5 1 1.5 1 0.5	2 2 1 1 1 0 0 2 0 0	4 4 3 4 3 1 1 1 0 19	280* 350* 280* 350* 350* 0 0 0 0	0 6 0 0 0 0	8 30 10 10 10 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free Smuckers, butterscotch caramel Smuckers, Dove dark chocolate	2 tbs ¼ c ¼ c 2 tbs 2 tbs	30 30 25 25 25 20 25 20 140 130	0 0 0 0 1.5 1 1.5 1 4.5 4.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 1.5 1 1.5 1 0.5 1.5	2 2 1 1 1 0 0 2 0 0 1 <1	4 4 3 4 3 1 1 1 0 19 18 16	280* 350* 280* 350* 350* 0 0 0 0	0 6 0 0 0 0	8 30 10 10 10 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free Smuckers, butterscotch caramel Smuckers, Dove dark chocolate Smuckers, Special recipe hot fudge Smuckers, Spoonable, pecans in syrup Smuckers, Sundae Syrup, butterscotch	2 tbs ¼ c ¼ c 2 tbs 2 tbs	30 30 25 25 25 20 25 20 140 130 130	0 0 0 0 1.5 1 1.5 1 4.5 4.5	0 0 0 0 0 0 0 0 0 0 0 Na Na Na	0 0 0 0 0 1.5 1 1.5 1 0.5 1.5 1.5	2 2 1 1 1 0 0 2 0 0 1 <1	4 4 3 4 3 1 1 0 19 18 16 15	280* 350* 280* 350* 350* 0 0 0 0 0	0 6 0 0 0 0 0 0 0 0 6 0	8 30 10 10 10 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free Smuckers, butterscotch caramel Smuckers, Dove dark chocolate Smuckers, special recipe hot fudge Smuckers, Spoonable, pecans in syrup	2 tbs  1/4 c  1/4 c  2 tbs	30 30 25 25 25 20 25 20 140 130 160 100	0 0 0 0 1.5 1 1.5 1 4.5 4.5 9	0 0 0 0 0 0 0 0 0 0 Na Na Na	0 0 0 0 0 1.5 1 1.5 1 0.5 1.5 1.5	2 2 1 1 1 0 0 0 2 0 0 1 <1 0 0	4 4 3 4 3 1 1 0 19 18 16 15 20	280* 350* 280* 350* 350* 0 0 0 0 0	0 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 30 10 10 10 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Muir Glen, paste Muir Glen, puree Progresso puree TOPPINGS, DESSERT Cool Whip, French vanilla Cool Whip, lite Cool Whip, regular Cool Whip, sugar free Smuckers, butterscotch caramel Smuckers, Dove dark chocolate Smuckers, special recipe hot fudge Smuckers, Spoonable, pecans in syrup Smuckers, Sundae Syrup, butterscotch Smuckers, Sundae Syrup, caramel	2 tbs  1/4 c  1/4 c  2 tbs	30 30 25 25 25 20 25 20 140 130 160 100	0 0 0 0 1.5 1 1.5 1 4.5 4.5 9	0 0 0 0 0 0 0 0 0 0 Na Na Na	0 0 0 0 0 1.5 1 1.5 1 0.5 1.5 1.5	2 2 1 1 1 0 0 0 2 0 0 1 <1 0 0	4 4 3 4 3 1 1 0 19 18 16 15 20	280* 350* 280* 350* 350* 0 0 0 0 0	0 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8 30 10 10 10 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Chunk lite in water	2 oz	60	0.5	0	0	0	0	0	0	0	+
Chunk white in water	2 oz	60	1	ō	ō	ō	ō	ō	ō	ŏ	+
Genova tonno in olive oil	2 oz	130	8	Na	1	0	0	ō	ō	ō	+
Premium, albacore, pouch	2 oz	60	1	0	0	0	0	0	0	0	+
Solid white albacore, in oil	2 oz	90	3	Na	1	ō	0	0	ō	ō	+
Solid white albacore in water	2 oz	70	1	0	0	0	0	ō	ō	ō	+
Starkist				_			-				
Chunk light pouch	3 oz	90	1	0	0	0	0	0	0	0	+
Chunk light water	2 oz	60	0.5	0	0	0	0	0	0	0	+
Gourmet choice fillet, water	2 oz	60	1	0	0	0	0	0	0	0	+
Solid white albacore, water	2 oz	70	1	0	0	0	0	0	0	0	+
TURKEY											
Dark meat, roasted, diced	1 c	261	10	2	3	0	0	0	4	0	+
Giblets, cooked, chopped	1 c	288	17	7	6	0	0	0	0	33	++
Light meat, roasted, diced	1 c	219	5	1	1	0	0	0	2	0	+
Louis Rich, pure ground	4 oz	180	11	Na	3.5	0	0	0	2	0	+
Roast, boneless, frozen, roasted, diced	1 c	209	8	1.5	3	3	0	0	0	0	+
TURNIPS, cooked, no salt, cubes	1 c	34	0	0	0	3	5	0	5	30	0
TURNIP GREENS, chopped, cooked	1 c	28	0	0	0	5	1	6588	19	65	+
VEAL											
Breast, boneless, lean	3 oz	185	8	4	3	0	0	0	0	0	+
Leg, lean	3 oz	128	3	1	1	0	0	0	0	0	+
Loin, lean	3 oz	149	6	2	2	0	0	0	1	0	+
Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Rib, lean		Calories 185									
Rib, lean Sirloin, lean	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Rib, lean	Size 3 oz	185	(g) 7	Fats (g) 2	Fats (g) 2	(g) 0	(mg)	carotene (mcg)	(%DV) 2	(% <b>DV</b> )	+
Rib, lean Sirloin, lean	Size 3 oz	185	(g) 7	Fats (g) 2	Fats (g) 2	(g) 0	(mg)	carotene (mcg)	(%DV) 2	(% <b>DV</b> )	+
Rib, lean Sirloin, lean VEGETABLE JUICE	Size 3 oz 3 oz	185 143	(g) 7 5	Fats (g) 2 2	Fats (g) 2 2	0 0	(mg) 0 0	Carotene (mcg) 0 0	(%DV) 2 1	(% <b>DV</b> ) 0 0	++
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium	Size 3 oz 3 oz 8 oz	185 143 50	7 5	2 2 0	2 2 0	0 0 2	0 0 2	0 0 0 2000*	(%DV) 2 1	0 0 0	+ + 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original	Size 3 oz 3 oz 8 oz 8 oz	185 143 50 50	7 5 0	Pats (g) 2 2 0 0	Pats (g) 2 2 0 0	0 0 2 2	0 0 2 7	0 0 0 2000* 2000*	(%DV) 2 1 2 2	0 0 10 20	+ + 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz	185 143 50 50 50	(g) 7 5 0 0	2 2 0 0	2 2 0 0	0 0 2 2 2	0 0 2 7	0 0 0 2000* 2000* 2000*	2 1 2 2 2 2	0 0 10 20 20	+ + 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched	3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz	185 143 50 50 50 50	(g) 7 5 0 0 0	Pats (g) 2 2 0 0 0 0 0	2 2 0 0 0 0	0 0 2 2 2 3	0 0 2 7 7 12	2000* 2000* 2000* 2000* 2000* 2000*	(%DV) 2 1 2 2 2 45	0 0 10 20 20 180	+ + 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	185 143 50 50 50 80 50	(g) 7 5 0 0 0 0	Pats (g)  2  2  0  0  0  0  0  0	Pats (g)  2  2  0  0  0  0  0  0	0 0 2 2 2 2 3 2	0 0 2 7 7 12 8	2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV)  2 1  2 2 2 45 2	0 0 10 20 20 180 120	+ + 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	185 143 50 50 50 80 50 50	(g) 7 5 0 0 0 0 0 0	Pats (g)  2  2  0  0  0  0  0  0  0	Pats (g)  2  2  0  0  0  0  0  0  0	0 0 2 2 2 2 3 2 2	0 0 2 7 7 12 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV)  2 1  2 2 2 45 2 45	0 0 10 20 20 180 120 120	+ + 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100%	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	185 143 50 50 50 80 50 50	(g) 7 5 0 0 0 0 0 0	Pats (g)  2  2  0  0  0  0  0  0  0	Pats (g)  2  2  0  0  0  0  0  0  0	0 0 2 2 2 2 3 2 2	0 0 2 7 7 12 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV)  2 1  2 2 2 45 2 45	0 0 10 20 20 180 120 120	+ + 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	185 143 50 50 50 80 50 50	(g) 7 5 0 0 0 0 0 0	Pats (g)  2  2  0  0  0  0  0  0  0	Pats (g)  2  2  0  0  0  0  0  0  0	0 0 2 2 2 2 3 2 2	0 0 2 7 7 12 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV)  2 1  2 2 2 45 2 45	0 0 10 20 20 180 120 120	+ + 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8	185 143 50 50 50 50 80 50 50 50	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	Pats (g) 2 2 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 3 2 2 2 2	(mg) 0 0 2 7 7 12 8 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV) 2 1 2 2 2 45 2 4 4	0 0 0 10 20 20 180 120 120 120	(0.+,++) + + 0 0 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley	8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz	185 143 50 50 50 50 80 50 50 50	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Pats (g) 2 2 0 0 0 0 0 0 0 Na	2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 3 2 2 2 2	(mg) 0 0 7 7 12 8 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV) 2 1 2 2 2 45 2 4 4	0 0 0 10 20 20 180 120 120 120	(0.+,++) + + 0 0 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed	8 oz 8 oz	185 143 50 50 50 80 50 50 50	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Pats (g) 2 2 0 0 0 0 0 0 0 Na 0 Na 0	2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 3 2 2 2 2 2 2	(mg) 0 0 7 7 12 8 8 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*	(%DV) 2 1 2 2 2 45 2 4 4 4	0 0 0 10 20 20 180 120 120 120	(0,+,+) + + 0 0 0 0 0 0 0
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed	8 oz	185 143 50 50 50 80 50 50 50 50 50	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2	(mig) 0 0 2 7 7 12 8 8 8 8 3 3 3	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* Na Na Na	(%DV) 2 1 2 2 2 45 2 4 4 4	0 0 0 10 20 20 180 120 120 120	(0,+,+) + + 0 0 0 0 0 0 0 Na Na Na Na
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed Del Monte mixed S&W, mixed	8 oz	185 143 50 50 50 80 50 50 50 50 50	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2	(mig) 0 0 2 7 7 12 8 8 8 8 3 3 3	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* Na Na Na	(%DV) 2 1 2 2 2 45 2 4 4 4	0 0 0 10 20 20 180 120 120 120	(0,+,+) + + 0 0 0 0 0 0 0 Na Na Na Na
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed Del Monte mixed Birds Eye	80z 80z 80z 80z 80z 80z 80z 80z 80z 80z	185 143 50 50 50 80 50 50 50 50 50 40 45 45	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2	(mg) 0 0 2 7 7 12 8 8 8 8	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* Na Na Na Na	(%DV) 2 1 2 2 2 45 2 45 4 4	0 0 0 10 20 20 180 120 120 120	(0.+,++) + + 0 0 0 0 0 0 0 0 Na Na Na Na
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed Del Monte mixed Del Monte mixed S&W, mixed Birds Eye Asian in sesame ginger	80z 80z 80z 80z 80z 80z 80z 80z 80z 80z	185 143 50 50 50 80 50 50 50 50 40 45 45	(g) 7 5 0 0 0 0 0 0 0 0 0 1	Pats (g) 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(mig) 0 0 7 7 12 8 8 8 8 3 3 3 0	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* Alana Na	(%DV) 2 1 2 2 2 45 2 45 4 4 2 4 2	0 0 0 10 20 20 180 120 120 120 120	(0.+,++) + + 0 0 0 0 0 0 0 0 Na Na Na Na Na
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed Del Monte mixed Birds Eye Asian in sesame ginger Baby corn & vegetable blend	Size   3 oz   3 oz   3 oz   3 oz   8 oz   9 oz   1 c	185 143 50 50 50 50 50 50 50 50 40 45 45	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Pats (g) 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(mig) 0 0 7 7 12 8 8 8 8 0 0	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* Ala Na	(%DV) 2 1 2 2 2 45 2 4 4 4 2 2 2	0 0 0 10 20 20 180 120 120 120 120 120	(0.+.+) + + 0 0 0 0 0 0 0 0 Na Na Na Na Na Na
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed Del Monte mixed Birds Eye Asian in sesame ginger Baby corn & vegetable blend Baby pea & vegetable blend	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8	185 143 50 50 50 50 50 50 50 50 40 45 45	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Pats (g) 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(mig) 0 0 7 7 12 8 8 8 8 0 0 0	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000*  Na Na Na Na Na Na Na Na	(%DV) 2 1 2 2 2 45 2 45 4 4 2 2 2 2 2	0 0 0 10 20 20 180 120 120 120 120 120 120	(0.+.+) + + 0 0 0 0 0 0 0 0 Na Na Na Na Na Na Na
Rib, lean Sirloin, lean VEGETABLE JUICE Knudsen, Very Veggie low sodium Knudsen, Very Veggie, original Knudsen, Very Veggie, spicy V-8 calcium enriched V-8, low sodium V-8 picante V-8, 100% VEGETABLES, mixed Canned Del Monte, home style medley Del Monte mixed Del Monte mixed Del Monte mixed Birds Eye Asian in sesame ginger Baby corn & vegetable blend Baby pea & vegetable blend Baby potato & vegetable blend	3 oz 3 oz 3 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8 oz 8	185 143 50 50 50 50 50 50 50 50 40 45 45 45	(g) 7 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Pats (g) 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 0 0 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 1	(mig) 0 0 7 7 12 8 8 8 8 0 0 0 0	2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* 2000* ANA NA	(%DV) 2 1 2 2 2 45 2 45 4 4 2 2 2 2 2 2 2	0 0 0 10 20 20 120 120 120 120 120 120 1	(0.+.+) + + 0 0 0 0 0 0 0 0 Na Na Na Na Na Na Na Na Na

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Szechuan in sesame sauce	1 c	60	2	Na	0	2	0	Na	2	25	Na
Tuscan vegetables in herbed tomato	1 c	50	2	Na	0	2	0	Na	2	10	Na
Cascadian Farm											
California style blend	2/3 C	25	0	0	0	2	2	Na	2	25	Na
Chinese stir fry	1 c	25	0	0	0	2	2	Na	2	20	Na
Garden's blend	₹4 C	50	0	0	0	2	4	Na	0	6	Na
Thai stir fry	¥4 C	25	0	0	0	2	2	Na	2	20	Na
Green Giant											
Baby vegetable medley	¾4 C	60	2	Na	1	2	4	Na	2	20	Na
Boxed alfredo	∛4 C	40	1	0	0	8	4	Na	6	30	Na
Garden medley, prep.	1/2 C	70	0.5	0	0	2	3	Na	2	25	Na
Plain mixed, prep.	1/2 C	50	0	0	0	2	3	Na	0	6	Na
Simply steam garden medley, prep.	1/2 C	50	0.5	0	0	1	3	Na	2	20	Na
Szechuan vegetables	₹4 C	50	0.5	0	0	2	5	Na	2	35	Na
Teriyaki vegetables	1 ⅓ c	70	4.5	Na	2	2	4	Na	2	35	Na
VINEGAR											
Eden Foods, apple cider or red wine organic	1 tbs	0	0	0	0	0	1	0	0	0	0
Eden Foods, brown rice, organic	1 tbs	2	0	0	0	0	0	0	0	0	0
Eden Foods, ume plum, imported	1 tbs	0	0	0	0	0	0	0	0	0	0
WAFFLES-see "Frozen Breakfast,"											

"Pancakes & Waffles"

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
WALNUTS											
Black, dried	1 oz	175	17	4	1	2	0	7	1	0	0
English	1 oz	183	18	2.5	2	2	1	3	2	0	0
Planters	1 oz	210	20	Na	2	2	1	7*	4	2	0
WATER CHESTNUTS, raw	1/2 C	60	0	0	0	2	3	0	0	4	0
WATERMELON, balls	1 c	46	0	0	0	1	10	466	1	20	0
WHITEFISH, cooked	3 oz	146	6	2	1	0	0	0	2	0	+
Smoked	3 oz	92	1	0	0	0	0	0	1	0	+
WINE											
Red table (average values)	5 oz	125	0	0	0	0	0	0	0	0	0
Rose table (average values)	3 oz	73	0	0	0	0	0	0	0	0	0
White table (average values)	5 oz	122	0	0	0	0	0	0	0	0	0
YAM, boiled or baked, cubes	1 c	158	0	0	0	5	1	99	1	27	0
Canned, candied (S&W)	1/2 C	170	0	0	0	4	21	Na	2	8	Na
YOGURT											
Columbo											
Classic banana strawberry	8 oz	230	2	Na	1.5	0	42	Na	20	0	+
Classic blueberry, cherry, peach, raspberry,											
strawberry	8 oz	220	2	Na	1.5	0	36	Na	20	0	+
Classic vanilla	8 oz	190	2.5	Na	1.5	0	27	Na	25	0	+
Light: blueberry, cherry vanilla, key lime,											
mixed berry, peach, raspberry, strawberry	8 oz	120	0	0	0	0	15	Na	35	0	+
Low fat, plain	8 oz	100	0	0	0	0	10	Na	30	0	+
Low fat, strawberry or vanilla	8 oz	220	2.5	Na	1.5	0	34	Na	25	0	+

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
Dannon											
Activia, prune	4 oz	110	2	Na	1	0	17	Na	15	0	+
Activia, strawberry	4 oz	110	2	Na	1	0	17	Na	15	0	+
Activia, vanilla	4 oz	110	2	Na	1.5	0	17	Na	15	0	+
DanActive, blueberry, cranberry/raspberry,											
strawberry, or vanilla	3.3 oz	90	1.5	0	1	0	17	Na	10	0	0
DanActive, plain	3.3 oz	90	1.5	0	1.5	0	15	Na	10	0	0
Fruit on Bottom, apple cinnamon	6 oz	150	1.5	0	1	<1	25	Na	20	2	+
Fruit on Bottom, cherry	6 oz	140	1.5	0	1	0	24	Na	20	4	+
Fruit on Bottom, mixed berry	6 oz	150	1.5	0	1.5	<1	27	Na	20	4	+
Fruit on Bottom, pineapple	6 oz	150	1.5	0	1.5	0	27	Na	20	4	+
Frusion, cherry berry blend	10 oz	260	3.5	Na	2	<1	47	Na	25	4	+
Frusion, pina colada	10 oz	260	3.5	Na	2	0	48	Na	25	4	+
Frusion, strawberry blend	10 oz	260	3.5	Na	2	0	48	Na	25	4	+
La Crème, all flavors	4 oz	140	5	Na	3	ŏ	18	Na	15	ò	+
Stonyfield	102	110	,	110	-	•	10	110		•	
Cultured O'Soy, blueberry	6 oz	170	2	Na	0	4	27	Na	15	0	0
Cultured O'Soy, chocolate	6 oz	160	3	Na	ō	4	22	Na	10	ő	ő
Cultured O'Soy, vanilla	6 oz	150	2	Na	o	4	21	Na	15	ő	0
Fat-free, apricot mango	6 oz	130	Ô	0	o	2	23	Na	30	0	ō
Fat-free, chocolate underground	6 o z	170	0	ő	o	3	34	Na	30	ō	0
Fat-free French vanilla	6 oz	180	0	o	0	2	25	Na	35	0	ō
Fat-free, lotsa lemon	6 o z	140	0	0	0	2	25	Na	35	0	0
Food	Portion	Calories	Total Fat	Good	Bad	Fiber	Sugars	Beta-	Calcium	Vit. C	B vit.
	Size		(g)	Fats (g)	Fats (g)	(g)	(mg)	carotene (mcg)	(%DV)	(%DV)	(0,+,++)
Fat-free, peach	Size 6 oz	120	(g) 0	Fats (g)	Fats (g) 0	(g) 2	(mg) 23	carotene (mcg) Na	(% <b>DV</b> )	(% <b>DV</b> )	(0,+,++)
Fat-free, peach Fat-free, plain	Size 6 oz 8 oz	120 100	(g) 0 0	Fats (g) 0 0	Fats (g) 0 0	(g) 2 2	(mg) 23 12	carotene (mcg) Na Na	(% <b>DV</b> ) 30 35	(% <b>DV</b> ) 0 0	0 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry	6 oz 8 oz 10 oz	120 100 250	(g) 0 0 3	Fats (g) 0 0 Na	0 0 2	(g) 2 2 4	(mg) 23 12 41	Na Na Na Na	30 35 40	(% <b>DV</b> ) 0 0 0	0 0 0 +
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla	6 oz 8 oz 10 oz 10 oz	120 100 250 250	0 0 3 3	Fats (g) 0 0 Na Na	0 0 2 2	(g) 2 2 4 4	(mg) 23 12 41 41	Na Na Na Na Na Na	30 35 40 40	0 0 0 0 0	0 0 0 + +
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry	6 oz 8 oz 10 oz 10 oz 10 oz	120 100 250 250 130	0 0 3 3 0	O O Na Na O	0 0 2 2 0	(g) 2 2 4 4 3	23 12 41 41 20	Na Na Na Na Na Na Na	30 35 40 40 25	0 0 0 0 0 0	0 0 0 + + 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130	0 0 3 3 0 0	0 0 Na Na 0 0	Pats (g) 0 0 2 2 0 0 0	(g) 2 2 4 4 3 3	(mg) 23 12 41 41 20 19	Na Na Na Na Na Na Na Na	30 35 40 40 25 25	0 0 0 0 0 0 2	0 0 0 + + 0 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry	6 oz 8 oz 10 oz 10 oz 10 oz	120 100 250 250 130	0 0 3 3 0	O O Na Na O	0 0 2 2 0	(g) 2 2 4 4 3	23 12 41 41 20	Na Na Na Na Na Na Na	30 35 40 40 25	0 0 0 0 0 0	0 0 0 + + 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130	(g) 0 0 3 3 0 0	Pats (g)  0  0  Na  Na  0  0  0	Pats (g) 0 0 2 2 0 0 0 0	2 2 4 4 3 3 3	(mg) 23 12 41 41 20 19	Na Na Na Na Na Na Na Na Na	30 35 40 40 25 25 25	0 0 0 0 0 0 2 2	0 0 + + 0 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130 130	(g) 0 0 3 3 0 0 0	Pats (g)  0  0  Na  Na  0  0  0  0	Pats (g)  0 0 2 2 0 0 0 0 0 0 0	(g) 2 2 4 4 3 3 3	(mg) 23 12 41 41 20 19 19	Na Na Na Na Na Na Na Na Na Na	(%DV) 30 35 40 40 25 25 25 25	0 0 0 0 0 2 2	0 0 0 + + 0 0 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle Grande, all flavors	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130 130	(g) 0 0 3 3 0 0 0 0	0 0 Na Na 0 0 0 Na Na Na 0 0 Na Na Na 0 Na Na 0 Na Na 0 Na Na 0 Na Na Na 0 Na	0 0 2 2 0 0 0 0	(g) 2 2 4 4 3 3 3 3 0 0	(mg)  23  12  41  41  20  19  19  20  34	Na Na Na Na Na Na Na Na Na Na Na	(%DV) 30 35 40 40 25 25 25 20 25	0 0 0 0 0 2 2	0 0 0 + + 0 0 0 0 Na + +
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle Grande, all flavors Grande, plain, fat free	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130 130 120 220 130	0 0 0 3 3 0 0 0 0	0 0 Na Na 0 0 0 Na Na 0 0 0 0 Na Na 0 0 0 0	0 0 2 2 0 0 0 0 0 0 0 0 0 1.5 0 0	(g) 2 2 4 4 3 3 3 0 0	(mg) 23 12 41 41 20 19 19 20 34 17	Na Na Na Na Na Na Na Na Na Na Na	(%DV) 30 35 40 40 25 25 25 20 25 40	0 0 0 0 0 2 2 2	0 0 0 + + 0 0 0
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle Grande, all flavors Grande, plain, fat free Grande, light, all flavors	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130 130	0 0 0 3 3 0 0 0 0 0 0 0 5 2.5 0 0 0	0 0 Na Na 0 0 0 Na 0 0 0 Na 0 0 0 0 0 0	0 0 0 2 2 0 0 0 0 0 0 0 0 1.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 2 2 4 4 3 3 3 0 0 0	(mg) 23 12 41 41 20 19 19 20 34 17 22	Na N	30 35 40 40 25 25 25 25 20 25 40 25	0 0 0 0 0 2 2 2	0,+,++) 0 0 + + 0 0 0 Na +
Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle Grande, all flavors Grande, plain, fat free	6 oz 8 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz 10 oz	120 100 250 250 130 130 130 120 220 130	0 0 0 3 3 0 0 0 0	0 0 Na Na 0 0 0 Na Na 0 0 0 0 Na Na 0 0 0 0	0 0 2 2 0 0 0 0 0 0 0 0 0 1.5 0 0	(g) 2 2 4 4 3 3 3 0 0	(mg) 23 12 41 41 20 19 19 20 34 17	Na Na Na Na Na Na Na Na Na Na Na	(%DV) 30 35 40 40 25 25 25 20 25 40	0 0 0 0 0 2 2 2	0,+,++) 0 0 + + 0 0 0 Na + +
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Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle Grande, all flavors Grande, plain, fat free Grande, light, all flavors Nouriche, all flavors	6 0 Z 8 0 Z 10 0 Z 11 8 0 Z 8 0 Z 8 0 Z 8 0 Z 1 cont	120 100 250 250 130 130 130 120 220 130 140 260	0 0 0 3 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 Na Na 0 0 0 Na 0 0 0 Na 0 0 0 0 0 0	0 0 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(g) 2 2 4 4 3 3 3 0 0 0 0 5	(mg)  23  12  41  41  20  19  19  20  34  17  22  22	Na N	30 35 40 40 25 25 25 25 20 25 40 25 30	0 0 0 0 0 0 2 2 2 0 0 0 0 0 2 2 2	0 0 + + 0 0 0 Na + + + + + + + + + + + + + + + + + +
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Fat-free, peach Fat-free, plain Smoothies, reg. banana berry Smoothies, reg. strawberry or vanilla Smoothies, light, banana berry Smoothies, light, peach Smoothies, light, strawberry Yoplait Go-Gurt, smoothies, all flavors, bottle Grande, all flavors Grande, plain, fat free Grande, light, all flavors Nouriche, all flavors Original, most flavors Original, coconut cream Original, plain Smoothie, light, all flavors Smoothie, all flavors	6 oz 8 oz 10 oz 6 oz 8 oz 6 oz 6 oz 8 oz 8 oz 8 oz 8	120 100 250 250 130 130 130 120 220 130 140 260 170 190 170 100 90	0 0 0 3 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 Na Na 0 0 0 Na 0 0 0 Na 0 0 0 Na 0 Na 0 0 Na 0	0 0 2 2 0 0 0 0 0 1.5 0 0 0 1 2 1.5 0 0 0 1.5 1.5 0 0 1.5 1.5 0 0 1.5	(g) 2 2 4 4 3 3 3 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0	(mg)  23 12 41 41 20 19 19 20 34 17 22 27 27 28 13 0 31	Na N	30 35 40 40 25 25 25 20 20 20 20 20 20 20	(%iDV) 0 0 0 0 0 0 2 2 0 0 0 0 0 0 0 0 0 0 0	0 0 + + 0 0 0 Na + + + + + + + + + + + + + + + + + +

Food	Portion Size	Calories	Total Fat (g)	Good Fats (g)	Bad Fats (g)	Fiber (g)	Sugars (mg)	Beta- carotene (mcg)	Calcium (%DV)	Vit. C (%DV)	B vit. (0,+,++)
YOGURT, frozen											
Ben & Jerry's											
Cherry Garcia, low fat	1/2 C	170	3	Na	2	<1	22	Na	20	0	0
Chocolate fudge brownie, low fat	1/2 C	190	2.5	Na	1.5	1	23	Na	15	0	0
Half baked, low fat	1/2 C	190	3	Na	1.5	<1	23	Na	15	0	0
Phish food	1/2 C	220	4.5	Na	3.5	1	22	Na	15	0	0
Häagen-Dazs											
Coffee	1/2 C	200	4.5	Na	2.5	0	20	Na	20	0	0
Vanilla, low fat	1/2 C	200	4.5	Na	2.5	0	21	Na	25	0	0
Vanilla raspberry swirl	1/2 C	170	2.5	Na	1.5	0	24	Na	10	2	0
Wildberry	1/2 C	180	2	Na	1	0	27	Na	15	6	0
Stonyfield											
After dark chocolate, organic, nonfat	1/2 C	100	0	0	0	0	18	Na	15	0	0
Cookies 'n cream, low fat	1/2 C	130	1	Na	0	0	19	Na	15	0	0
Gotta have vanilla, organic, nonfat	1/2 C	100	0	0	0	0	19	Na	15	0	0
Javalanche, organic, nonfat	1/2 C	100	0	0	0	0	18	Na	15	0	0
Vanilla fudge swirl	1/2 C	120	0	0	0	0	22	Na	15	0	0
ZUCCHINI, cooked, no salt, slices	1 c	29	0	0	0	2	4	1200	1	6	0
Raw, w/skin	1 c	20	0	0	0	1	2	135	1	32	0
Canned, w/tomato (Del Monte)	1/2 C	30	0	0	0	1	1	0	0	4	0

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